



Over 160 GFCF Items you can Buy in the store.

These stores are available in Southern California.

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Store Key:

WO = Wild Oats, Henry's & Jimbo
 WF = Whole Foods Market
 MR = Miss Robens
 GP = Gluten Free Pantry
 R = Ralphs
 TJ = Trader Joes
 MM = Mothers Markets

Remember - The status of FOOD CAN CHANGE!! Please read LABELS! When in doubt please call the manufacturer!
 If you find a product that is no longer GFCF - please [contact us](#).

<u>Type</u>	<u>Food</u>	<u>Description</u>	<u>Brand</u>	<u>Source*</u>	<u>Comments/Tips</u>
Baby Foods	Gerber	Rice cereal with Apple sauce	Gerber	Almost all stores	
Baby Foods	Gerber	Applesauce	Gerber	Almost all stores	
Baby Foods	Gerber	Apples & Chicken	Gerber	Almost all stores	
Baby Foods	Gerber	Apples & Ham	Gerber	Almost all stores	
Baby Foods	Gerber	Broccoli & Chicken	Gerber	Almost all stores	
Baby Foods	Gerber	Bananas with Carrots & Beef	Gerber	Almost all stores	
Baby Foods	Gerber	Pears & Chicken	Gerber	Almost all stores	
Baby Foods	Gerber	Sweet Potatoes & Turkey	Gerber	Almost all stores	
Baby Foods	Gerber	Peaches	Gerber	Almost all stores	
Baby Foods	Gerber	Pears	Gerber	Almost all stores	
Baby Foods	Gerber	Plums with Apples	Gerber	Almost all stores	
Baby Foods	Gerber	Prunes with carrots	Gerber	Almost all stores	
Baby Foods	Gerber	Banana plum	Gerber	Almost all stores	
Baby Foods	Gerber	Squash	Gerber	Almost all stores	
Baby Foods	Gerber	Sweet Potatoes	Gerber	Almost all stores	
Baby Foods	Gerber	Dutch Apple	Gerber	Almost all stores	
Baby Foods	Gerber	Vegetable beef dinner	Gerber	Almost all stores	
Baby Foods	Gerber	vegetable chicken dinner	Gerber	Almost all stores	
Baby Foods	Gerber	vegetable ham dinner	Gerber	Almost all stores	
Baby Foods	Gerber	vegetable turkey dinner	Gerber	Almost all stores	
Baby Foods	Gerber	Banana & Pear & Wild tropical fruit	Gerber	Almost all stores	
Baby Foods	Gerber	Pear & Winter Squash	Gerber	Almost all stores	
Baby Foods	Gerber	Chicken & Wild Rice	Gerber	Almost all stores	
Baby Foods	Gerber	Squash Corn Chicken	Gerber	Almost all stores	
Baking/Mixes	All Purpose Baking Mix	made w/ organic brown rice	Arrowhead Mills		GF/CF Recipes on back of box include biscuits, waffles, banana bread, peanut butter cookies
Baking/Mixes	All Purpose GF Baking Flour		Bob's Red Mill	MM, WF, WO	Can also be ordered at www.bobsredmill.com
Baking/Mixes	Almond Flour	A staple on the SCD diet, but also accepted on GFCF. Ingrid: almonds (grated to a fine powder)	SCDIET.COM	online	www.SCDIET.com
Baking/Mixes	Almond Mix for baking	Just Almonds	House	TJ	
Baking/Mixes	Almond Meal Flour	Made from skinless, blanched almonds that have been finely ground.	Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Amaranth Flour		Bob's Red Mill	MM, WF, WO, Online	Can also be ordered at www.bobsredmill.com

Baking/Mixes	Angel Food Cake Mix		Kinnikinnick Foods		www.kinnikinnick.com
Baking/Mixes	Animal Cookie Mix	Corn-Free	Miss Robens	MR	They also sell little animal cookie cutters
Baking/Mixes	Arrowroot Starch/Flour	A thickening agent that may be used in place of corn starch.	Bob's Red Mill		Can also be ordered at www.bobsredmill.com
Baking/Mixes	Baking Powder	Cereal free, gluten free, sodium free	Featherweight	WO, WF	Also Bob's Redmill has a GF Baking Powder
Baking/Mixes	Baking Powder	Low sodium; aluminum-free. Comes in a 12-oz. tub. Use twice that of regular baking powder.	EnerG Foods	MM	Have not used this product, but have seen it at Mother's.
Baking/Mixes	Baking Powder	Ingred: sodium phosphate, bicarbonate of soda, cornstarch, and calcium phosphate-contains no aluminum!	Bob's Red Mill	WO	Can also be ordered at www.bobsredmill.com
Baking/Mixes	Baking Soda	Uses no chemicals in the processing.	Bob's Red Mill	MM, WF, WO	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Biscuit & Baking Mix	Baking Mix	Bob's Red Mill	WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Black Bean Flour		Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Bread Crumbs		EnerG Foods	online	www.dietaryshoppe.com
Baking/Mixes	Bread Mix	For bread machine or by hand -- use CF milk	Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Brown Rice Flour		Bob's Red Mill	WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Brown Rice Flour		Arrowhead Mills	WF	
Baking/Mixes	Brown Rice Flour		Authentic Foods	online	www.dietaryshoppe.com
Baking/Mixes	Brown Sugar		C&H	Walmart or grocery	
Baking/Mixes	Brownie Mix	Ingredients: Sugar,Rice Flour, Brown Sugar,Tapioca Starch,Cocoa,Xanthan Gum.	Cause You're Special		www.causeyourespecial.com
Baking/Mixes	Brownie Mix	Ingredients: Sugar, Dutch Cocoa, Rice Flour, Cornstarch, Potato Starch, Chocolate Chips (Sugar, chocolate liquor, cocoa butter, soy lecithin, GF Vanilla Extract), Xanthan Gum, Salt	Gluten-Free Pantry	MM, WO, WF, online	www.dietaryshoppe.com
Baking/Mixes	Brownie Mix	Ensure gf/cf ingredients are used to make the brownies (i.e., gf vanilla, gf/cf margarine, gf/cf chocolate chips-if desired, etc.)	Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Ultra Chocolate Brownie Mix with Chocolate Chunks		Pamela's (650) 952-4546 info@pamelasproducts.com	MM	www.pamelasproducts.com
Baking/Mixes	Buckwheat Flour		Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Buckwheat Pancake & Waffle Mix		Bob's Red Mill	WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Carrot Cake Mix	Corn-Free	Miss Robens	MR	Can be ordered at www.missroben.com , or call 1-800-891-0083
Baking/Mixes	Chick Pea Flour	100% garbonzo (chick pea) beans	Miss Robens	MR	Can be ordered at www.missroben.com , or call 1-800-891-0083
Baking/Mixes	Ah!Laska Cocoa Mix	Non-Dairy mix - 12-oz can, organic	Ah!Laska	WF, WO, MM	www.dietaryshoppe.com
Baking/Mixes	Chocolate Cake Mix	Ingredients:-Granulated Sugar,white rice flour,potato starch,unsweetened dutch cocoa,tapioca starch,baking soda,salt,guar gum,baking powder.	Gluten-Free Pantry	WF, WO, online	www.dietaryshoppe.com
Baking/Mixes	Chocolate Cake Mix	Ingredients- Sugar, Rice Flour, Potato Starch, cocoa, Corn Starch, GF baking Powder, Xanthan Gum, Salt.	Cause You're Special	online	www.causeyourespecial.com / www.dietaryshoppe.com
Baking/Mixes	Chocolate Cake Mix	Ingredients: Evaporated cane juice, brown rice flour, corn flour, Garfava Flour, potato starch, natural cocoa, baking powder, baking soda, salt, citric acid, xanthan gum.	Authentic Foods	WF, WO, online	www.dietaryshoppe.com
Baking/Mixes	Chocolate Chips	Semi-sweet (do contain soy)	Tropical Source	WO, WF	NOTE: Tropical Source Candy Bars are NOT GF/CF
Baking/Mixes	Chocolate Chip Cookie Mix	Ingredients:White Rice Flour, Chocolate Chips, Potato Starch, Sugar, Brown Sugar, Soy, Baking Soda, Xanthan Gum, Salt.	Because You're Special	online	www.dietaryshoppe.com , One bag makes about 2 dozen cookies
Baking/Mixes	Chocolate Truffle Brownie Mix	Baking Mix	Gluten-Free Pantry	GP	Great Reinforcers for ABA program!
Baking/Mixes	Coconut Butter	Ingredients: Organic, pure Coconut Oil	Omega Nutrition	MM	
Baking/Mixes	Coconut Oil	100% refined coconut oil.	Spectrum Essentials	MM	
Baking/Mixes	Coffee Cake Mix	Ingred: Cake: Rice flour, potato starch, sugar, GF baking powder, baking soda, xanthan gum, salt. Topping: Sugar, white rice flour, brown rice flour, spices (cinnamon and nutmeg), xanthan gum.	Gluten-Free Pantry	online	www.glutenfreepantry.com ; www.dietaryshoppe.com
Baking/Mixes	Cookie Base - 5 in 1	Fortified cookie base with pkg. instructions for sugar, lemon, chocolate chip, peanut butter, or "oatmeal-type" cookies	Kirkman Labs	KL	
Baking/Mixes	Cooking Spray - Pam	NO BUTTER FLAVORED PAM	Pam	Grocery	800-PAM4YOU
Baking/Mixes	Corn Flour	Great for Corn Tortillas	Bob's Red Mill	MM, WO, WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Cornbread/muffin Mix	Baking Mix	Bob's Red Mill	WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Cornmeal	medium grind cornmeal	Bob's Red Mill	WO	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Cornstarch	Thickens soups, sauces and fillings	Bob's Red Mill		Also can be ordered at www.bobsredmill.com
Baking/Mixes	Country French Bread/Bagel Mix	Rice Flour, Potato Starch, Cornstarch, Crystallized Honey, Guar Gum, Salt	Gluten-Free Pantry	GP	www.glutenfreepantry.com
Baking/Mixes	Crunchy Sugar Cookie Mix	Ingred: Refined cane sugar, white rice flour, potato starch, tapioca starch, guar gum, baking soda, salt.	Miss Robens	online	www.missroben.com

Baking/Mixes	Doughnut Mix	Calcium rich; Fortified with Vitamin E, Magnesium, and Zinc	Kirkman Labs	KL	www.kirkmanlabs.com
Baking/Mixes	Egg Replacer	powdered egg substitute for baking needs - blend of raising ingredients and stabilizers. Contains no eggs or animal protein.	Ener-G Foods	WO, MM	www.energ.com
Baking/Mixes	Egg Whites	powdered egg whites - just add water	Bob's Red Mill	WO, WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Flaxseed	natural raw whole flaxseed; provides fiber, lignans & Omega-3 Fats	Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Flaxseed Meal	Fiber, Lignans, Omega-3 & -6 fats	Bob's Red Mill	WF, TJ	Also can be ordered at www.bobsredmill.com Bakes well in cookies and muffins - adds a nutty flavor (start low....the taste can be overwhelming if too much is used).
Baking/Mixes	Garbanzo Bean Flour		Bob's Red Mill	R, WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Garfava Flour	Light bean flour used by Bette Hagman in many of her cookbooks	Authentic Foods	WO, WF, Online	www.dietaryshoppe.com
Baking/Mixes	Guar Gum	Use as a thickener for cold foods like salad dressings, ice creams and puddings and for hot foods like gravies, sauces, stews and soups.	Bob's Red Mill	WO, WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Millet Flour		Bob's Red Mill		www.bobsredmill.com
Baking/Mixes	Millet, Hulled	Can be used for hot breakfast cereal or substitute side dish instead of potatoes or rice. Also can be used in making breads for added sweetness and crunch	Bob's Red Mill		www.bobsredmill.com
Baking/Mixes	Muffin & Quickbread Mix	Ingredients: Rice Flour, Potato Starch, Suagr, GF Baking Powder, Xanthan Gum, Baking Soda, Salt.	Cause You're Special	online	www.causeyourespecial.com www.dietaryshoppe.com
Baking/Mixes	Noah's Bread Mix	Ingred: tapioca starchm brown rice flour, sweet rice flour, corn-free baking powder, guar gum, sugar, salt.	Miss Robens	online	www.missroben.com
Baking/Mixes	Old Fashioned Cake & Cookie Mix		Gluten-Free Pantry	GP, TJ	www.glutenfreepantry.com
Baking/Mixes	Organic Quinoa Flour		Ancient Harvest	WO, MM, WF	
Baking/Mixes	Pancake & Waffle Mix		Arrowhead Mills	WO	
Baking/Mixes	Pancake & Baking Mix	Made with garfava flour and brown rice flour	Authentic Foods	WO	
Baking/Mixes	Pancake & Baking Mix		Arrowhead Mills	WO, WF	
Baking/Mixes	Pancake & Waffle Mix		Kinnikinnick Foods		www.kinnikinnick.com
Baking/Mixes	Pancake Mix	Substitute CF milk when making pancakes	Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Pancake Mix	Sugar-free	Kirkman Labs	KL	www.kirkmanlabs.com
Baking/Mixes	Peanut Butter Chocolate Chips		Tropical Source	WO	NOTE: Tropical Source Candy Bars are NOT GF/CF
Baking/Mixes	Pizza Crust Mix, Small	Ingred: Potato starch, cornstarch, unrefined cane sugar, xanthan gum, high activity yeast, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), salt.	Miss Robens	online	www.missroben.com
Baking/Mixes	Pie Crust Mix	Ingred: rice flour, potato starch, corn starch, xanthan gum, salt - makes one complete pie (top and bottom)	Because You're Special	online	www.becauseyourespecial.com ; www.dietaryshoppe.com
Baking/Mixes	Pie Crust Mix	Ingred: Rice flour, potato starch, corn starch, crystalized honey, guar gum, salt. - makes 4 8-in. crusts per bag.	GF Pantry	online	www.glutenfreepantry.com ; www.dietaryshoppe.com
Baking/Mixes	Pizza Crust Mix	Ingred: white rice flour, tapioca starch, xanthum gum, gelatin, sugar, yeast packer, salt.	Because You're Special	online	www.becauseyourespecial.com ; www.dietaryshoppe.com
Baking/Mixes	Potato Flour		Bob's Red Mill	WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Potato Flour		Authentic Foods	MM, WF, WO, Online	www.dietaryshoppe.com
Baking/Mixes	Potato Mix	Ingred: Potato flour, baking powder (corn free)	Ener-G Foods	WO	Has several recipes on back - substitute GF/CF ingredients as needed for pancakes, bread, cake and cookies
Baking/Mixes	Potato Pancake Mix	Ingredients: potato with sulfites to keep whiteness, potato starch, salt, onion, vegetable shortening.	Manishevitz	kosher grocery or online	6 ounce box makes 18-24 pancakes; www.dietaryshoppe.com
Baking/Mixes	Potato Starch	Used as a thickener for making gravies, sauces, soups or stews. Also excellent in baking.	Bob's Red Mill	MM, WF, WO, Online	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Potato Starch Flour		Ener-G Foods	online	www.dietaryshoppe.com
Baking/Mixes	Quinoa - Whole Grain	High source of fiber	Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Quinoa Flour		Bob's Red Mill	MM, WF, WO	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Rice Bran	natural fibre cereal or baking mix	Ener-G Foods	WO	Also used to make Hot Cereal (dried fruit such as raisins may be added)
Baking/Mixes	Rice Bran	Good source of dietary fiber, and can be added to fruit smoothies, cereals, and baked goods.	Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Rice Bread Mix - White Rice	Ingredients: Rice flour, Corn flour, Potato starch, Evap.cane juice, Molasses, Cinnamon, Salt, Natural flavors (Gluten Free & Wheat Free) Egg White, Pea Fibre, Citric Acid, Xanthan gum.	Authentic Foods	online	www.dietaryshoppe.com
Baking/Mixes	Rice Cereal for Baby	Stage 1	Beech Nut	Ralphs	Excellent in muffins
Baking/Mixes	Safflower Oil	High Oleic, pure pressed safflower oil	Spectrum Naturals	MM, WF, WO, Ralphs	16 oz. Glass bottle - found in specialty health foods section (not in baking section) - This oil is pricey - this is the oil we use for much of our GF/CF baking
Baking/Mixes	Safflower Oil	enriched expeller pressed safflower oil, high in antioxidant vitamin E	Hollywood	MM, WF, WO, Ralphs	
Baking/Mixes	Safflower Oil Margarine		Hain	Grocery	Have not found this product in store yet - 1-800-434-

Baking/Mixes	Sauwer On margarine		Flours	Grocery	4246
Baking/Mixes	Salt (Kosher Salt)	Like sea salt - we keep it in a glass bowl with lid, rather than a shaker)	Diamond Crystal	Any Grocery	
Baking/Mixes	Shortening Sticks (Crisco All-Vegetable Shortening Sticks)	For baking and icing	Crisco	Grocery	Have not found this product in store yet - www.crisco.com; 1-800-543-7276
Baking/Mixes	Sorghum Flour	Protein source	Bob's Red Mill	WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Soy Flour		Bob's Red Mill	R, WF	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Spices - McCormick	Most McCormick Brand spices are GF/CF. If any certain product is not, the allergen will be clearly listed on the label -- company policy dictates that there will be no hidden ingredients	McCormick, Inc.	Grocery	McCormick 1-800-632-5847
Baking/Mixes	Sweet Rice Flour	great for gravies, sauces & gf baking	Authentic Foods	WO	
Baking/Mixes	Sweet White GF Sorghum Flour		Bob's Red Mill	WO	
Baking/Mixes	Tapioca Flour		Bob's Red Mill	MM, WO, WF	Can also be ordered at www.bobsredmill.com
Baking/Mixes	Tapioca Flour		EnerG Foods	MM, WO, WF	
Baking/Mixes	Tarettlets	Cute Little 3 inch round tart shells that you can fill with fruit, etc.	Glutano	online	www.dietaryshoppe.com
Baking/Mixes	Teff - Whole Grain		Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Teff Flour		Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	Vanilla extract		House	TJ	
Baking/Mixes	Vanilla extract	all natural, GF	Frontier	WO, WF, MM	
Baking/Mixes	Vegetable Shortening	Organic	Spectrum Naturals	WF	Comes in a 42-ounce tub
Baking/Mixes	Vinegar	The following vinegars are NOT derived from wheat: corn, rice, potato, beet, apple, apple cider, red wine, white wine, balsamic, distilled wood vinegar. DO NOT USE MALT vinegar, or flavored vinegars without first confirming w/ company that it is gfcf.	Various		Per GFCF Diet website re: Distilled Vinegar: Scientific tests show that all harmful peptides (from wheat) are removed during distillation process. It is listed as GF/CF. However, some kids may be so sensitive that they cannot tolerate distilled vinegar.
Baking/Mixes	White Bean Flour		Bob's Red Mill	online	www.bobsredmill.com
Baking/Mixes	White Bread Mix		Authentic Foods	MM, online	www.dietaryshoppe.com
Baking/Mixes	White Rice Flour		Bob's Red Mill	WF, MM, WO	Also can be ordered at www.bobsredmill.com
Baking/Mixes	Xanthan Gum (stabilizer to help hold food together)	"baking glue" - substitute for gluten to give volume to breads and other baked goods	Bob's Red Mill	WO, WF	Also used as a thickening agent for salad dressings, gravies, sauces, puddings, and even icecream to get creamy smooth texture.
Baking/Mixes	Xanthan Gum (stabilizer to help hold food together)	"baking glue" - substitute for gluten to give volume to breads and other baked goods	Authentic Foods	WO, WF	Can also be found at www.dietaryshoppe.com
Baking/Mixes	Sweet 'n Natural Super Stevia Extract	plant-based sweetener substitute	Superior Source	WO, WF	
Baking/Mixes	Sucanat	Organic sugar cane, minimally processed into coarse, brown granules	Wholesome Sweeteners	WO	
Bread	Bagels	Original, Blueberry, Toasted Onion, or Cinnamon Raisin	Enjoy Life Natural Brands		www.enjoylifemb.com ; 888-50-ENJOY
Bread	Bread Sticks	Ingred: Corn Starch, Potato Flour, Rice Starch, Cocoa Oil, Sesame Seeds, Yeast, Dextrose, Carob Seed Flour, Salt	Glutino	online	www.glutino.com
Bread	Bread Sticks - Pizza flavored	Ingred: Corn Starch, Potato Flour, Rice Starch, Concentrated Tomato Paste (Tomatoes, Salt), Cocoa Oil, Yeast, Dextrose, Carob Seeds Flour, Dehydrated Oregano	Glutino	online	www.glutino.com
Bread	Brown Rice Bread	fruit juice sweetened, labeled wheat & gluten free	Food for Life	MM, Henry's	
Bread	Brown Rice Loaf		EnerG Foods	MM, WF, WO	www.energ.com
Bread	Hamburger Buns	These are fairly thick. We cut a middle slice out and save them to make either another bun or sandwiches. Or for the big appetite, try a GF/CF Big Mac?	EnerG Foods	MM	
Bread	Hamburger Buns	Alta Hamburger Buns - with Tapioca	Kinnikinnick Foods	online	www.kinnikinnick.com
Bread	Hot Dog Buns		EnerG Foods	MM	
Bread	Hot Dog Buns	Alta Hot Dog Buns - with Tapioca	Kinnikinnick Foods	online	www.kinnikinnick.com
Bread	Pizza Crust	Made with Brown Rice; yeast-free	Nature's Hiliights	WO, WF	
Bread	Pizza Crust	Ingred: white rice flour, potato starch, sugar, carboxymethylcellulose, salt, calcium propionate, tapioca flour, canola oil, yeast, sugar, salt.	Glutino	online	www.glutino.com
Bread	Pizza Shells	6" Yeast free rice pizza shells - 3 shells in one package	EnerG Foods	MM	Can also be found at www.dietaryshoppe.com
Bread	Raisin Loaf	white bread with raisins; egg free	EnerG Foods	MM, online	Our son LOVES this bread toasted, then spread with Tofutti cream cheese (yes, it is CF but does contain soy), then topped with fruit-eze prune spread. An effective treat for our son in fighting constipation. www.energ.com
Bread	Rice Almond	fruit juice sweetened sliced brown bread	Food for Life	WO, WF, TJ	Kept in refrigerated deli section or frozen section usually.

Bread	Ryeless "Rye" Bread	Ingredients:Tapioca Flour; White Rice Flour; Rice Starch; Ground Flax Seed; Grape Juice Concentrate; Caraway Seed; Rice Bran; Honey; Salt; Yeast; Expeller-Pressed Safflower Oil; Baking Soda; Lemon Juice Concentrate; Xanthan Gum; Sodium Acid Pyrophosphate; Citrus Fiber; Guar Gum.	Enjoy Life Natural Brands		www.enjoylifeb.com; 888-50-ENJOY
Bread	Sandwich Bread	Ingredients:White Rice Flour; Tapioca Flour; Rice Starch; Ground Flax Seed; Grape Juice Concentrate; Rice Bran; Honey; Yeast; Salt; Expeller-Pressed Safflower Oil; Lemon Juice Concentrate; Baking Soda; Xanthan Gum; Sodium Acid Pyrophosphate; Citrus Fiber; Guar Gum	Enjoy Life Natural Brands		www.enjoylifeb.com; 888-50-ENJOY
Bread	Seattle Brown Loaf	Sliced brown bread	EnerG Foods	WO	Kept in refrigerated deli section at Wild Oats. Also can be ordered at www.ener-g.com
Bread	Tapioca Hamburger Buns		EnerG Foods	MM	
Bread	Tapioca Hamburger Buns		Kinnikinnick Foods	online	www.kinnikinnick.com
Bread	Tapioca Hot Dog Buns		EnerG Foods	MM	
Bread	Tapioca Loaf	Sliced white bread	EnerG Foods	WO	Kept in the refrigerated deli section at Wild Oats. Also can be ordered at www.ener-g.com
Bread	Tapioca Rice English Muffins		Kinnikinnick Foods	online	www.kinnikinnick.com
Bread	Tapioca Rice Hot Dog Buns		Kinnikinnick Foods	online	www.kinnikinnick.com
Bread	Tapioca Rice Tray Buns	Dinner Rolls	Kinnikinnick Foods	online	www.kinnikinnick.com
Bread	White Rice Loaf	Sliced white bread	EnerG Foods	WO	Kept in the refrigerated deli section at Wild Oats. Also can be ordered at www.ener-g.com
Bread	White Rice Yeast-Free Loaf	Sliced white bread, yeast-free	EnerG Foods	WO	Kept in the refrigerated deli section at Wild Oats. Also can be ordered at www.ener-g.com
Bread/Other	Bread Crumbs	Ingred: Medium Grain Brown Rice	Hol-Grain	WO	Pre-made fine bread crumbs (we usually use the Hol-grain brown rice crackers in food processor as one of our ingredients to make bread crumbs).
Bread/Rolls	Cinnamon Rolls		EnerG Foods	MM, WF, WO, Online	www.energ.com ; www.dietaryshoppe.com
Candy	After Eight Dinner Mints			Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Bumble Bar	Thin bars of pressed sesame seeds, flax seeds, peanuts, and brown rice syrup. Ingredients vary by flavor.	Bumble Bar Inc.	MM	www.bumblebar.com
Candy	Charms Blow Pops	Confirmed GF/CF by corporate 3/1/04	Tootsie	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Charms Pops	Confirmed GF/CF by corporate 3/1/04	Tootsie	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Chocolate Lentils	like M&Ms, but GF/CF	Chocolate Emporium	online	Can be found at www.chocolat.com ; or call 1-888-CHOCLAT (many other gf/cf chocolates can be found here as well.)
Candy	Dots (gumdrops)	Confirmed GF/CF by corporate 3/1/04	Tootsie	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Dumdum Lollipops			Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Fluffy Stuff Cotton Candy	Confirmed GF/CF by corporate 3/1/04	Tootsie	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Fun Dip	Sweet-tart "stick" with sour fruit powder to dip in	Wonka	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Jelly Belly Jelly Beans	NOT ALL FLAVORS - READ LABELS	Jelly Belly	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Jolly Rancher Jelly Beans		Jolly Rancher	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Jolly Rancher Hard Candy		Jolly Rancher	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Junior Mints		Tootsie	Any Grocery	NOTE: RUMOR HAS IT THAT THESE ARE NO LONGER GF/CF. PLEASE CONFIRM WITH MANUFACTURER.
Candy	Lollipops	Assorted flavors (watermelon, apple, cherry, grape) - contain corn syrup	Jolly Rancher	R	Great reinforcers for ABA program! Our child will work for a few seconds of licking the lollipop!
Candy	Mason Dots		Tootsie	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Mike & Ike Candies	All flavors		Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Necco Wafers		Necco	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Nerds	Tiny tangy crunchy candy	Wonka	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Pez		Pez	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Pixy Stix		Wonka	Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Skittles			Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Starburst Fruit Chews	NOT their fruit twists - they're not GFCF		Any Grocery	Always read labels - variations to original recipe could be an issue
Candy	Sweethearts Valentine Candy	Regular and Tart	Necco	Any Grocery	Always read labels - variations to original recipe could be an issue
Cereal	Amazon Flakes	Corn Flakes	EnviroKidz	TJ, WF, WO	
Cereal	Amazon Frosted Flakes	GF/CF version of Frosted Flakes	EnviroKidz	TJ, WF, WO	
Cereal	Aztec Crunchy Corn & Amaranth Cereal	Ingred: organic corn flour, amaranth, apple juice concentrate, sea salt...that's it! Crunchy cereal, non-sweet...kinda like Kix.	Erewhon	MM	
Cereal	Blue Corn Flakes		Health Valley		Use a food processor to make great bread crumb mixture for chicken nuggets

Cereal	Brown Rice Cereal		Alf's	Walmart or grocery	
Cereal	Brown Rice Cream Cereal	Creamy hot cereal made from organic brown rice.	Perky's	online	www.dietaryshoppe.com
Cereal	Brown Rice Crisps	Similar to Rice Krispies, but these are GF/CF. RICE KRISPIES ARE NOT GF/CF	Barbara's		Use a food processor to make great bread crumb mixture for chicken nuggets
Cereal	Buckwheat Flakes		Arrowhead Mills		Use a food processor to make great bread crumb mixture for chicken nuggets
Cereal	Corn Flakes		Barbara's		Use a food processor to make great bread crumb mixture for chicken nuggets
Cereal	Corn Flakes	Ingred: Organic corn meal, concentrated organic grape juice, sea salt	Nature's Path	MM, WF, WO	
Cereal	Cocoa Crispy Rice		New Morning		
Cereal	Corn Crunch-Ems Cereal	GF/CF version of Corn Chex	Health Valley	R, TJ, WF, WO	Use a food processor to make great bread crumb mixture for chicken nuggets
Cereal	Corn Flakes		Arrowhead Mills		
Cereal	Corn Flakes - Fruit Juice Sweet	Ingred: Organic corn meal, concentrated organic grape juice, sea salt.	Nature's Path	MM, WF, WO	
Cereal	Corn Flakes - Honey'd	Ingred: Organic flaked yellow corn, organic evaporated cane juice, organic clover honey, sea salt.	Nature's Path		
Cereal	Crispy Brown Rice Cereal		New Morning		
Cereal	Crispy Rice	Ingred: Organic brown rice flour, organic evaporated cane juice, organic molasses, sea salt.	Nature's Path	MM, WF, WO	Like Rice Krispies, but GF/CF
Cereal	Frosted Corn Flakes		Barbara's	MM, WF, WO	
Cereal	Fruity Pebbles	Ingred: Rice, sugar, partially hydrogenated sunflower oil or hydrogenated vegetable oil (coconut and palm kernel oils), corn syrup, salt, artificial colors.	Post	Any Grocery	I do not recommend using this cereal. Contains dyes and artificial flavors, little to no food value, and a large portion of the calories comes from sugars. But we use it as a special treat, and our son recognizes it from TV commercials.
Cereal	Gorilla Munch	Organic corn - round crunchy cereal	EnviroKidz	TJ, WF, WO	We find them much cheaper at Trader Joe's. www.envirokidz.com
Cereal	Granola	Granola WITHOUT wheat or nuts - Cinnamon Crunch, Very Berry Crunch, or Cranapple Crunch	Enjoy Life Natural Brands		www.enjoylifefn.com ; 888-50-ENJOY
Cereal	Hot Sweet Almond Cereal	Ingred: Oven-Roasted Brown Rice, toasted almonds, unsulfured molasses, honey, cinnamon, natural flavorings.	Lundberg	online	www.dietaryshoppe.com
Cereal	Irish Oatmeal	Quick-cooking oatmeal from Ireland	McCanns	TJ, online	NOTE: Oatmeal is controversial, as it may contain traces of gluten due to cross contamination issues. Our son cannot tolerate any form of oats, and has a gluten reaction when oats are eaten. But many children on GF/CF can tolerate some form of oats. www.dietaryshoppe.com ; www.mccanns.ie
Cereal	Koala Crisp Cereal	Rice Crispy version of Cocoa Puffs	EnviroKidz	WO	READ LABEL CAREFULLY - they originally included Barley Malt in the cereal, which contains gluten. The recipe was changed to be GF/CF, but the older version may still be on the shelf in some stores.
Cereal	Mesa Sunrise	Multi-grain Cereal (flakes): Corn, buckwheat, amaranth, flax, quinoa		WO, WF	Use a food processor to make great bread crumb mixture for chicken nuggets.
Cereal	Muesli Cereal	Ingred: soya flakes, dried apple, rice crispies (rice flour, sugar, salt), maize flakes, rice flakes, raisins, dried apricot.	Dr. Schar	online	www.dietaryshoppe.com
Cereal	Panda Puffs	Peanut Butter flavored puffed cereal	EnviroKidz	MM, WO, WF	
Cereal	Puffins	Honey Rice flavored (not all Puffins are GF/CF)	Barbara's	MM, WO	Possible Cross Contamination Issues though.
Cereal	Quinoa Flakes (for hot cereal)	We use this in breading mixture for nuggets as well.	Ancient Harvest	MM, WO	www.dietaryshoppe.com
Cereal	Rice Cereal		Nabisco	Walmart or grocery	
Cereal	Rice Crunch-Ems Cereal	GF/CF version of Rice Chex	Health Valley	R, TJ, WF, WO	Use a food processor to make great bread crumb mixture for chicken nuggets
Cereal	Rice Twice	Frosted Crisps & Puffs of Brown Rice - looks like a combination of puffed rice and "rice krispy" cereal	Erewhon	WO, MM	
Cereal	Sweetened Rice Flakes		Arrowhead Mills		
Cereal - Hot	Creamy Buckwheat		Bob's Red Mill		www.bobsredmill.com
Cereal - Hot	Creamy Rice	Ingred: Whole grain brown rice	Bob's Red Mill		www.bobsredmill.com
Cereal - Hot	Hot & Creamy Rice Cereal	Ingred: Oven-roasted organic California brown rice	Lundberg Family Farms		May be available at Trader Joe's as they carry other Lundberg products, or ask if they will special order - May also enquire at www.lundberg.com
Cereal - Hot	Kasha Roasted Buckwheat Kernels	Use CF substitutes when making	Bob's Red Mill		www.bobsredmill.com
Cereal - Hot	Mighty Tasty GF Hot Cereal	Ingred: Whole grain brown rice, corn, "sweet" white sorghum, buckwheat	Bob's Red Mill		www.bobsredmill.com
Cereal - Hot	Millet Grits/Meal	Makes a good hot breakfast cereal or side dish (alternative to plain mashed potatoes or rice). Can also be added to breads or crackers.	Bob's Red Mill		www.bobsredmill.com
Cereal - Hot	Rice & Shine	Hot Rice Cereal similar to Cream of Wheat	Arrowhead Mills		

Cereal - Hot	Soy Grits		Bob's Red Mill		www.bobsredmill.com
Condiment / Spice	Almond Butter		House	TJ	We use as replacement for peanut butter, which our son is sensitive to. You can also find a similar product at Whole Foods, Mother's Markets or Wild Oats
Condiment / Spice	Cashew Butter		House	TJ	We use as replacement for peanut butter, which our son is sensitive to. You can also find a similar product at Whole Foods, Mother's Markets or Wild Oats
Condiment / Spice	Catsup	fruit sweetened; has apple cider vinegar, which is gluten-free)	Westbrae Natural	WO	
Condiment / Spice	Flavoring Syrup - Maple	Ingred: Glycerine, distilled water, natural maple flavoring, sucralose, sodium benzoate, potassium sorbate.	Kirkman Labs	KL	www.kirkmanlabs.com
Condiment / Spice	Flavoring Syrup - Wild Cherry	Ingred: Glycerine, distilled water, natural wild cherry flavoring, sucralose, sodium benzoate, potassium sorbate.	Kirkman Labs	KL	www.kirkmanlabs.com
Condiment / Spice	Flavoring Syrup - Strawberry	Ingred: Glycerine, distilled water, naturalstrawberry flavoring, sucralose, sodium benzoate, potassium sorbate.	Kirkman Labs	KL	www.kirkmanlabs.com
Condiment / Spice	Garlic Oil		House	TJ	
Condiment / Spice	Honey		Sue Bee	Walmart or grocery	
Condiment / Spice	Hummus Dip	made w/ garbonzo beans	House	TJ	
Condiment / Spice	Maple Syrup	pure maple syrup	House	R, TJ	Specialty stores offer various brands as well -- ensure syrup is pure maple. This is a good sugar substitute in baking.
Condiment / Spice	Mayonnaise - Organic (labelled Gluten Free)	expeller pressed organic soybean oil, pasteurized organic whole eggs, water, organic honey, organic white vinegar, sea salt, organic mustard flour, organic lemon juice concentrate. NO hydrogenated fat, sugar, corn syrup, or preservatives.	Spectrum Naturals	MM	Every mayo I found at several HFS contained some questionable vinegar. This is the only brand that I found confirming GF status. Comes in a plastic squeeze bottle.
Condiment / Spice	Mayonnaise		House	TJ	
Condiment / Spice	Mayo - Light Canola Mayo (labelled Vegan & Gluten Free)	Ingred: water, expeller pressed canola oil, cornstarch, white vinegar, apple cider vinegar, sea salt, soy protein isolate, xanthan gum, lemon juice concentrate, onion powder, natural vitamin E, natural flavor, oil of mustard, oil of tumeric, oil of paprika. No hydrogenated fat, sugar, corn syrup or preservatives.	Spectrum Naturals		Every mayo I found at several HFS contained some questionable vinegar. This is the only brand that I found confirming GF status. Comes in a 16 ounce glass jar. I grabbed it because this one is egg free!
Condiment / Spice	Mustard	Ingredients: Cider Vinegar, sugar, mustard flour, eggs, wine and spices.	East Shore	online	www.dietaryshoppe.com
Condiment / Spice	Olive Oil Spray		House	TJ	
Condiment / Spice	Organic Peanut Butter	Sun-dried 100% organic Valencia peanuts from New Mexico. Crunchy; No Salt. Ingred: Organic Dry Roasted Peanuts.	Marantha	MM	We like this because it is soy free and doesn't have all of the added sugar and fillers of traditional store-bought peanut butter.
Condiment / Spice	Peanut Butter	smooth or crunchy	Peter Pan	Walmart or grocery	
Condiment / Spice	Peanut Butter	smooth or crunchy	Skippy	R	
Condiment / Spice	Pizza Sauce		Enrico's	WF, WO	
Condiment / Spice	Roasted Garlic		House	TJ	
Condiment / Spice	Salsa	Black Bean & Corn Salsa	House	TJ	
Condiment / Spice	Sauces	Various GF/CF sauces - All bottles are 10.5oz and are made with apple cidar vinegar and Dairy Free. The Tangy Bang Hot Sauce is 5.2oz.	Mr. Spice	online	www.dietaryshoppe.com
Condiment / Spice	Seasoning Packets (taco or chili)	All made from dehydrated vegetable blends, corn meal, spices (chili pepper,paprika) Salt, lemon flavor, onion, garlic. Taco packet contains yeast.	Bearitos	online	www.dietaryshoppe.com
Condiment / Spice	Soy Sauce	the one labeled Wheat Free	La Choy	MM, WO, WF	
Condiment / Spice	Soy Sauce (Tamari)	Ingredients: Water, Whole Soybeans,Salt, Alcohol(fermented from corn) to preserve freshness.	San-J	online	www.dietaryshoppe.com
Condiment / Spice	Strawberry Jam	Strawberry Perserves made with fresh strawberries - contains corn syrup	House	TJ	
Dairy Alternatives	Better than Cream Cheese	imitation cream cheese	Tofutti	MM	Refrigerated section - comes in an 8 oz. tub.
Dairy Alternatives	Ice cream - Vanilla				

Dairy Alternatives	Just Whites	Pasteurized, dried egg whites to which you add water, and use as fresh whites.	Deb-EI	MM	
Dairy Alternatives	Margarine - Naturally Gold 'n Sweet	No artificial flavors or preservatives	Ventura Foods	TJ	Has soybean oil and soy lecithin
Dairy Alternatives	Margarine - Fleischmann's UNSALTED	Does contain corn oil, soybean oil, and soy lecithin - comes both in stick or tub	Fleischmann's	Any Grocery	Green label. BEWARE: Regular Fleischmann's red label has whey, which is casein. Fleischmann's Light is supposed to be GF/CF, but I have not found it locally to confirm. It is also rumored to be soy-free.
Dairy Alternatives	Margarine - Fleischmann's Light	Stick margarine - rumored to be soy free but I have not found this product locally	Fleischmann's	Grocery	Check label's - haven't found this in store but was listed on the GFCF Diet website. Or call company: Fleischmann's: 800.988.7808
Dairy Alternatives	Margarine - Fleischmann's Soft Margarine in Tub		Fleischmann's	Grocery	Check label's - haven't found this in store but was listed on the GFCF Diet website. Or call company: Fleischmann's: 800.988.7808
Dairy Alternatives	Margarine - Natural Buttery Sticks or tub margarine	100% vegan; non hydrogenated, no trans fatty acids, non GMO expeller-pressed oils, no artificial flavor or color	Earth Balance	TJ	Has soybean oil and soy lecithin
Dairy Alternatives	Margarine - Smart Balance		Smart Balance		GFA Brands 201.568.9300
Dairy Alternatives	Margarine - Smart Beat		Smart Beat		GFA Brands 201.568.9300
Dairy Alternatives	Margarine - Trader Joe's		House	TJ	
Dairy Alternatives	Vegan Mozzarella	Low fat, made with Organic Tofu - Brick cheese	Soymage	WO, MM	12-oz brick
Dairy Alternatives	Vegan Mozzarella singles (8)	Casein-free, organic tofu; Mozzarella flavor	Soymage	WO, MM	Individually wrapped slices - melts in eggs, but haven't had luck getting it to melt on pizza
Dairy Alternatives	Mozarella Cheese Slices	Individually wrapped slices	Tofutti	MM	Many folks swear by these; I think they have a strong fish odor. Our son eats them, but I prefer Soymage slices.
Dairy Alternatives	Vegan Parmesan Alternative	Low fat, made with Organic Tofu	Soymage	WO	Small shaker - keep refrigerated
Dessert	Animal Cookies	Arrowroot cookies in fun animal shapes - WARNING - CONTAINS BUTTER	Mi-Del	MR, WO	These animal cookies are a big hit! Very similar to their gluten counterpart. THEY DO CONTAIN BUTTER! (CASIE) But our son has never reacted to them. We use in moderation, and he only gets them when his friends are eating glutenous animal cookies.
Dessert	Animal Cookies	Square cookies with animal pictures	EnviroKidz	MM, VS, WF	Very tasty sugar cookies.
Dessert	Biscuits	Small flat cookies in Plain, Apricot or Chocolate Chip Flavors	Glutano	MM, WO, WF, online	www.dietaryshoppe.com
Dessert	Chocolate Iced Donuts	Soy Lecithin (also has cocoa)	Ener-G Foods	online	www.ener-g.com : Have not confirmed that they are completely safe! Our son doesn't like them.
Dessert	Chocolate Brownies	yummy!	Ener-G Foods	online	Great Reinforcers for ABA program! www.ener-g.com
Dessert	Chocolate Dipped Bananas	Ingred: banana, chocolate (cocoa paste, cocoa butter, sugar, lecithin), sunflower oil.	House	TJ	I HAVE NOT RECEIVED CONFIRMATION FROM CORPORATE THAT THESE ARE DEFINITELY GF/CF, but they appear to be so based on the ingredient list. The allergy information on the box only states made in a plant which also processes peanuts & tree nuts.
Dessert	Chocolate Chip Cookies	Wheat and gluten-free	Frookie	WO, WF, MM	Warning: Not all Frookie's cookies are GF/CF. If in doubt, call the manufacturer.
Dessert	Chocolate Chip Cookies (WARNING: CONTAIN BUTTER!!!)	Ingreds: corn flour, soy flour, potato flour, corn starch, rice starch, potato starch, rice flour, white bean flour, xanthan gum, dehydrated cane juice, organic sugar, organic chocolate liquor, organic cocoa butter, organic soy lecithin, organic vanilla, organic corn syrup solids, non hydrogenated canola oil, butter, egg whites, unsulphured molasses, corn starch, baking soda, natural flavors, sea salt, soybean lecithin.	Mi-Del	MM	ARE NOT CASEIN FREE, AS THEY DO CONTAIN BUTTER. USE AT YOUR OWN RISK. My son has not reacted to these, but has been used very sparingly.
Dessert	Chocolate Chip Cookies - Montanas		Kinnikinnick Foods	online	These are delicious! www.kinnikinnick.com
Dessert	Cookies	Have several versions that are GF/CF: Carob Hazelnut, Chunky Chocolate Chip, Chocolate Chip Walnut, Ginger, Peanut Butter	Pamela's (650) 952-4546 info@pamelaproducts.com	R, WO, WF,	Warning: Pamela's makes several cookies that DO contain either dairy, gluten, or both. Note: Their shortbread cookies are NOT dairy-free; their oatmeal cookies contain gluten. Their Simply Chocolate cookie has dairy. Read labels carefully. If in doubt, email them at info@pamelaproducts.com
Dessert	Cookies - Apricot Biscuit	egg-free	Glutano	MR	
Dessert	Cookies - Chocolate Chip	Mini cookies - great for lunches or reinforcers	Mi-Del	WO, MM, WF	
Dessert	Cookies	soft, chewy cookies - free of common allergens. Snickerdoodles, chocolate chip, no oats "oatmeal", double chocolate brownie, gingerbread spice	Enjoy Life Natural Brands		888-50-ENJOY; www.enjoylifefn.com
Dessert	Cookies - Zebra Dreams	Chocolate Cookies with vanilla cream between	Glutino	online	www.dietaryshoppe.com
Dessert	Cookies - Chocolate Sandwich (like Oreos)	Partial ingred. List: corn flour, soy flour, potato flour, corn starch, rice starch, potato starch, rice flour, white bean flour, cocoa, corn starch, egg, high fructose corn syrup, soybean lecithin, fructose	Mi-Del	online	www.dietaryshoppe.com
Dessert	Cookies - Short Cake Rings	Like short bread, but no butter. Delicious!	Glutano	MR	These are delicious! Also found at www.dietaryshoppe.com

Dessert	Cookies	Sweet Lemon, Chocolate Chip, or Sugar Cookies (individually wrapped) - no dairy, wheat, corn, or soy	Aunt Candice	WO	Can also find her products at Kirkman Labs www.kirkmanlabs.com
Dessert	Cookies - Peanut butter	Peanut Butter Chunk	Frookie	MM	Warning: Not all Frookie's cookies are GF/CF. If in doubt, call the manufacturer.
Dessert	Cookie Bars	Comes in several flavors - fruit juice sweetened. No eggs, no refined sugar.	Nana's	MM, WF	Individually wrapped cookies - 5 bars to a box
Dessert	Cream Sandwich Cookies (Vanilla Dreams - vanilla flavored, or Chocolate Dreams - chocolate flavored)	5 packages of 2 sandwich cookies per box. A bit pricey at over \$3 per box, and the cookies are smaller than their gluten counterparts, but a nice special treat. No gluten, wheat, casein, milk, or egg.	Glutino	MM	info@glutino.com ; 800-363-DIET
Dessert	Frosting	Vanilla Creamy Supreme	Pillsbury	R	Great for birthday cakes or cupcakes.
Dessert	Ginger Cookies	Ingredients: Raw Sugar, Vegetable oil, rice flour, corn starch, corn flour, lupine flour, caramelized sugar syrup, spice(ginger), raising agent, sea salt, guar gum.	Glutano	online	www.dietaryshoppe.com
Dessert	Ginger Snap Cookies	Does contain potato, corn, rice, white bean, egg whites, unsulphured molasses, and soy	Mi-Del	WO	
Dessert	Graham-style Cookies	Ingred: Brown Rice flour, Honey, vegetable shortening, sweet rice flour, soy lecithin, vanilla flavor, sodium carboxy Methylcellulose, baking powder, sodium bicarbonate, salt.	Kinnikinnick Foods	online	www.kinnikinnick.com ; www.dietaryshoppe.com
Dessert	Juice Bars	Lime or Strawberry Juice Fruit bars (frozen)	House	TJ	These are a simple treat. My son gets to have 1/2 a lemon popsicle in the tub once a week. Makes bathtime extra fun.
Dessert	Macaroons (Quinoa Macaroon)	Coconut macaroon cookies made with quinoa	Mrs. Denson's	MM	
Dessert	Marshmallows	Natural Vanilla - Ingred: Sugar, Corn syrup, Water, Kosher Fish Gelatin, Egg Whites, Corn Starch, Natural Vanilla	Elyon	WF	Pareve. We use these to make Rice Crispy Treats with GF/CF Rice cereal.
Dessert	Mini Meringue Cookies	Ingred: Sugar, egg whites, shredded coconut (that's it.)	House	TJ	These practically melt in your mouth. Became an instant reinforcer.
Dessert	Pudding		Imagine	R, MM, WF	Best kept room temperature for best consistency. I do not recommend refrigeration for this product. We found some stores keep Imagine in the cold section and consistency and flavor were compromised.
Dessert	Sorbet	Whole Fruit Sorbet	Dreyer's	R	Does have a lot of sugar.
Dessert	Sorbet		Double Rainbow	TJ	
Dessert	Sorbet		Sharon's	TJ	
Dessert	Waffle Cones (for ice cream)	Ingred: tapioca flour, sugar, corn starch, lecithin, salt.	Cerrone	online	www.dietaryshoppe.com
Fruit	Applesauce	Healthy Harvest unsweetened sauces: Apple, Peach Medley, Pineapple Pleasures, Berry (Packaged in 8 small individual servings)	Mott's	Ralphs	Have not tried the berry yet, but these are wonderful. Great for lunches (and worked well for our pill swallowing program.)
Fruit	California Raisins	Mini snack boxes	Sun-Maid	Ralphs	Watch for possible phenol reactions; our son rejects regular raisins, but loves eating raisins from the small red boxes - packaging makes the difference here.
Fruit	Craisins	sweetened, dried cranberries	Ocean Spray	Ralphs	Can be found in any grocery store by the raisins.
Fruit	Mango Apple Sauce	Certified Organic; Naturally Sweeter. Ingred: Organic apples, organic mangos, organic apple juice concentrate, organic natural mango flavor	Leroux Creek	MM	packaged in four individual servings
Fruit	Mango Slices	dried, unsulphured, unsweetened	House	TJ	
Fruit	Pineapple Tidbits	Frozen pineapple pieces	House	TJ	Freezer section - bag
Fruit	Fruit Leather	Comes in many flavors, including blackberry, cherry, strawberry, and blueberry	House	TJ	
Fruit	Fruit Leather	Comes in many flavors	Stretch Island	Gelson's Mkt	
Fruit	Guava Three Flavor Sweet/Hot/Salty dried fruit	High in Fiber; Unsulphured	House	TJ	Very strong flavors. I thought my son won love them, but while he will try it, he will not eat unsolicited.
Fruit	Healthy Harvest Medleys	Unsweetened Fruit sauces, in the following flavors: Peach, Apple, Berry, Pineapple (six individual servings per package)	Mott's	Grocery	Our son learned how to swallow pills in a spoonful of fruit sauce. We call it his disappearing trick.
Fruit	Just Pears	100% Natural All Fruit Snack Bar; Equivalent to eating 2 fresh pears.	Kirkman Labs	KL	A good source of Fiber. Fat free, no cholesterol, no artificial flavors, colors or Preservatives. www.kirkmanlabs.com
Fruit	Pear Bar	Ingred: Pear Puree, Pear Concentrate, Pears	George Delights	MM	
Fruit	Raisins		Dole	Walmart or grocery	
Fruit	Raisins		Sunmaid		Our son loves the mini red boxes - snack size. The only way he would eat raisins in the early days was in little red boxes.
Fruit	Tropical Fruit Mix	Pineapple, Papaya, Banana, Mango, Evaporated Cane Juice, Fruit Juice. No Sulphur Dioxide added.	SunRidge Farms	R	Healthfood section
Juce	Frozen Pineapple/Orange Juice Concentrate		Dole	Walmart or grocery	
Juice	Apricot	Apricot puree, apple and/or pear juice	Ceres	R, MM, Henry's	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Banana Pineapple Nectar	made from concentrate	Kern's	R	Can be found in any grocery store by the juices - comes in small cans. We use it in Lisa Lewis' Pineapple Velvet cake recipe - yummy!.

Juice	Cranberry & Kiwi	Ingred: cranberry juice, kiwi juice, apple and or pear juice.	Ceres	R, MM, WF	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Dew of the Dawn	Melon, papaya, peach, passion fruit, and orange juice, blended with apple or pear	Ceres	R	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Hanepoot White Grape	Pure hanepoot white grape juice	Ceres	R, MM	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Kiwi Strawberry	Does contain high-fructose corn syrup. We stay away from it now, but was a way to get supplements in early on.	Snapple	Any Grocery	Glass bottle - non-refrigerated until after opening
Juice	Lemonade	Lemon Juice Flavored beverage from concentrates	R.W. Knudsen	MM	Packaged in three 8-oz juice boxes
Juice	Mango Juice	Mango w/ apple or pear	Ceres	R, MM, Henry's	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Mango Nectar	mango, grape, peach, pineapple, orange, carrot, lemon	Mountain Sun	WF	Glass bottle - non-refrigerated until after opening
Juice	Medley of Fruit	Guava puree, pineapple juice, papaya puree, mango puree, peach puree, passion fruit juice, apple and or pear juice	Ceres	R, MM, Henry's	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Mountain Raspberry	apple juice and rasperry puree	Mountain Sun	WF	Glass bottle - non-refrigerated until after opening
Juice	Orange Carrot	Organic Juice blend	Walnut Acres	MM	Plastic bottle - non-refrigerated until after opening
Juice	Orange Juice	Fortified w/ Calcium; No Pulp	Tropicana	R, MM, Henry's	
Juice	Papaya	Papaya puree, apple and or pear juice			
Juice	Passion Fruit	blended with apple or pear juice	Ceres	R, MM, Henry's	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Peach		Ceres	R, MM, Henry's	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Pear	Pear puree, apple juice	Ceres	R, MM, Henry's	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Secrets of the Valley	Cherry, blackcurrant, youngberry, and raspberry juice, blended with apple or grape juice	Ceres	R, MM, Henry's	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Snapple Juices	Kiwi Strawberry Snapple was the only juice our son would drink when we eliminated apple juice. But it does contain corn syrup, and we eventually weaned him off it.	Snapple	any grocery	
Juice	Strawberry Juice	Strawberry w/ apple or pear	Ceres	R, MM, Henry's	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Juice	Veggie-Fruit Juices	Several flavors available: Apple Carrot, Orange Veggie, Berry Veggie, Tropical Blend	Vruit	TJ, WO	Another way to sneak veggies in, and has 1/3 less sugar than typical fruit juices. Our son tolerates it if diluted. Not a fave, but he drinks it. Comes in Liter cardboard cartons and also small juice boxes for lunches.
Juice	Youngberry	Youngberry puree, apple and or pear juice	Ceres	R, MM, Henry's	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Meats	Bacon	DOES contain nitrites/nitrates though	Oscar Mayer	Walmart or grocery	
Meats	Bacon	no nitrates/nitrites	Applegate Farms	WO	
Meats	Bacon	Unsulfered	Niman Ranch	TJ	
Meats	Beef Hot Dogs	Uncured, no nitrites/nitrates, no MSG, no preservatives	City Butcher	WF	Found in deli section. Our son loves them.
Meats	Beef Hot Dogs	uncured - natural - No nitrates, nitrites or antibiotics added	Applegate Farms	WO, WF	
Meats	Chicken Bites	Dinosaur shapes - gluten free NOTE: Many stores may be out of stock temporarily, as Yorkshire Farms switched the company making these dino nuggets in late summer 2004.	Yorkshire Farms	WO	Found in the freezer section - 10 oz. Bag contains about 15 nuggets - appx. \$3.30/bag; They are yummy, but do have a strong flavor. We give 1-2 dinos with several homemade chicken nuggets (dinos are the reinforcer if he eats his dinner)
Meats	Chicken Bologna	Uncured; no nitrates/nitrites added. Ingred: Mechanically separated chicken, water, potato starch, sea salt, ground mustard seed & spices	Shelton's	MM	Found in freezer section - with other packaged meats.
Meats	Chicken Hot Dogs	Freezer section; No nitrates/nitrites	Shelton's	WO, WF, MM	
Meats	Chicken Hot Dogs	Freezer or Deli section; No nitrates/nitrites	Applegate Farms	WO, WF, MM	
Meats	Chicken Taquitos	Blue label (NOT THE MINI Taquitos - which have gluten)	House	TJ	Freezer section - packages of 12. WARNING: THESE ARE NO LONGER GF/CF. TJ'S CHANGED VENDORS AND PACKAGING, AND THE NEW CHICKEN TAQUITOS HAVE GLUTEN.
Meats	Hot Dogs		Cantini	TJ	
Meats	Maple Sausages		Cantini	TJ	
Meats	Sliced Meats		Boar's Head	WO, MM, WF	
Meats	Sliced Meats	No hormones	Niman Ranch	TJ	
Meats	Turkey Burgers (organic)	Freezer section - pre-formed patties; No antibiotics used, Ingred: Organic Turkey	Applegate Farms	MM	
Meats	Turkey Burger Patties	Called their 800 line - the natural flavorings is only fresh rosemary -- this product is (Lean...with natural flavorings) g/f/cf, 7% fat; no added hormones or steroids	Jennie-O	any grocery	Freezer section
Meats	Sliced Turkey		Diestel	WO, MM	
Meats	Turkey Bologna		Shelton's	MM	Found in freezer section - with other packaged meats.

Meats	Turkey Bologna	no nitrates/nitrites	Applegate Farms	WF	Found in deli section.
Meats	Turkey Hotdogs	uncured - natural - No nitrates, nitrites or antibiotics added	Applegate Farms	WO, WF, Gelsen's Market	Found in the deli section at Gelsen's Market. They do not freeze them because nitrate-free meats cannot be re-frozen. As they are nitrate-free, they have a short shelf-life. We put a few hotdogs in the fridge, and freeze the rest to prevent spoilage.
Meats	Turkey Franks	uncured - No nitrates/nitrites added	Shelton's	MM	Found in freezer section - with other packaged meats.
Meats	Turkey Breakfast Links (or patties)	Turkey sausage - comes either in links or patties	Butterball / ConAgra Foods	Any Grocery	Found in freezer section - with other packaged meats.
Meats	Turkey Snack Sticks	Naturally smoked pepperoni flavored meat sticks. No artificial ingredients, no phosphates, no nitrites. Ingrid: turkey, water, evaporated sugarcane juice, sea salt, mustard, spices, extratives of spices, paprika, soybean oil and in a collagen casing.	Diestel	WF	New product for us (8/04); My son loves them.
Meats	Turkey Snack Sticks	All natural - no antibiotics - nothing artificial - no preservatives - no nitrates or nitrites - minimally processed.	Welshire Farms	online	Welshire Farms Tom-Toms Original Turkey Sticks - www.glutenfreemall.com
Meats	Turkey Sausage Patties	Made with free range turkey	Shelton's	MM, Henry's	Found in freezer section - with other packaged meats.
Meats/ Main Dish	Pasta Fagioli Skillet Meal	Makes a complete meal in minutes, Add 1 cup cooked, cubed chicken, pork, or bean curd. Heat thoroughly, serve, and enjoy.	GF Pantry	online	www.dietaryshoppe.com
Meats/ Main Dish	Chli	A mixture of Rice & Lentils (3 Flavors to Choose From). Ingrid: Brown Rice, Wehani (type of Rice), Black Japonica (Type of Rice), Black-Eyed Peas, Brown Lentils, Red Lentils, Green Spilt Peas, Yellow Spilt Peas, Chili Powder, Cumin, Bay, Salt, Garlic, Red Pepper.	Lundberg	online	www.dietaryshoppe.com
Milk	Almond Breeze	non-dairy, made from almonds (3 flavors - original, vanilla, chocolate. To the best of my knowledge, all three are CF.)	Blue Diamond	WO, TJ	This milk is on the sweet side. We use it for our son's cereal, as well as baking. Makes great French Toast (using GF/CF bread, 1 dip in blend of milk, egg and a little vanilla, fry in frying pan, and cut up into fingers for dipping in maple syrup. A fave for our little one.
Milk	Better than Milk Rice Beverage Mix		Fuller Life, Inc.	WF, WO	Powdered mix packaged in large cardboard cannister; one cannister makes 8 liquid quarts.
Milk	Better than Milk Soy Beverage Mix		Fuller Life, Inc.	WF, WO	Powdered mix packaged in large cardboard cannister
Milk	Chocolate DariFree	Non-Dairy Chocolate Milk Powder	Vance's Foods	online	Packaged in quart-sized cartons - powder form; 1 carton makes 6 liquid cartons of milk; Can purchase at www.Kirkmanlabs.com or www.vancesfoods.com (1-800-497-4834)
Milk	DariFree	Fat-free Non Dairy Milk Alternative	Vance's Foods	online	Packaged in quart-sized cartons - powder form; 1 carton makes 6 liquid cartons of milk; Can purchase at www.Kirkmanlabs.com or www.vancesfoods.com (1-800-497-4834)
Milk	Rice Milk	all natural, non-dairy, enriched with calcium, vitamins A&D; Low fat, plain	Pacific	TJ, R, WF, WO, MM	Packaged in 1-quart cardboard cartons, non-refrigerated (until after opening)
Milk	Rice Dream	NOT GF - CONTAINS BARLEY ENZYME!!!	Imagine Foods		WARNING: NOT GLUTEN-FREE!!!!
Milk	West Soy Plus Soy Milk	Plain Soy milk	West Soy	Walmart or grocery	
Protein	Egg Protein Powder	Vanilla or Chocolate Flavored	Jay Robb Enterprises	online	www.jayrobb.com
Protein	Omega Smart Nutritional Bars	Comes in several flavors: Apricot/Almond, Orange Pineapple, Raisin Spice, Apple Cinnamon, Chocolate Walnut, Carrot Cake	Kirkman Labs	KL	Contain 1000 mg. of omega 3 fatty acids from flaxseed as well as a significant fiber and protein content (soy protein).
Protein	Pea Protein Powder	A protein isolate from pea kernels. The powder has no taste nor smell. Mixes well in juice.	Kirkman Labs	KL	2-lb. Cannister -- comes with several recipes.
Protein	Rice Protein Powder		Nutribiotic	WF, WO, MM	
Protein	Soy Lecithin Granules	Excellent source of Choline; nutty taste. Sprinkle on cf yogart or cereal, or blend in juice for added protein.	Bob's Red Mill		www.bobsredmill.com
Protein	Soy Protein Powder	Over 75% protein form soybeans, with very little flavor, that can be easily added to foods or drinks.	Bob's Red Mill		www.bobsredmill.com
Protein	Soy Protein Powder	vanilla flavored	Jay Robb Enterprises	online	www.jayrobb.com
Protein	TSP Textured Soy Protein	Good source of dietary fiber. Comes in regular and organic versions.	Bob's Red Mill		www.bobsredmill.com
Snack	Apple chips	Crispy original apple chips	Good Health	MM, WO, TJ	
Snack	Apple-cinnamon Rice Cakes		Quaker	Walmart or grocery	
Snack	Baked Tostitos	No flavored versions -- they may contain gluten and/or casein		Walmart or grocery	
Snack	Banana Cookie Bar - LARABAR	Raw, natural food for health, for life. Ingrid: almonds, dates, unsweetened bananas. Very tasty.	Larabar, Dist. By Humm Foods	MM	1-877-LARABAR ; www.larabar.com They have several other flavors to consider. My son loves them!
Snack	Black Bean Tortilla Chips	Made with organic corn and black beans	Garden of Eatin'	TJ, WO, MM	
Snack	Blue Corn Tortilla Chips	Stone Ground Organic "Blue Corn", Expeller Pressed Canola Oil, Salt, Lime	Guiltless Gourmet	TJ, WO	Wild Oats also has their own branded Sesame Blue Tortilla Chips - organic
Snack	Blueberry Muffins		Kinnikinnick Foods	online	www.kinnikinnick.com ; www.dietaryshoppe.com Use a food processor to make great bread crumb mixture for

Snack	Brown Rice Crackers	Only ingredient is brown rice, light salt, onion and garlic.	Hol-Grain		chicken nuggets (we blend whatever products are on hand, and mix together with various spices)
Snack	Brown Rice Snaps	Baked and flavored brown rice crackers	Edward & Sons	MM, WF, WO, Online	www.dietaryshoppe.com
Snack	Carrot Muffins	Fruit Juice sweetened; does have eggs and walnuts	Natural Food Mill	MM	Note: Not all Natural Food Mill muffins are gluten free. The carrot muffins are labeled "wheat & Gluten-free", but I bought their blueberry muffins also, then noticed that their label only say's "wheat free". The ingredients included dark rye flour and oat flour....Gluten!. Wheat free does not mean gluten free.
Snack	Chocolate Coconut Chew Bar LARABAR	Raw, natural food for health, for life. Ingrid: dates, almonds, walnuts, unsweetened coconut, unsweetened cocoa powder.	Larabar, Dist. By Humm Foods	MM	1-877-LARABAR ; www.larabar.com They have several other flavors to consider. My son loves them!
Snack	Cinnamon Crackers	Similar to size of wheat thin crackers, but coated with cinnamon-sugar on top	Ener-G Foods	MM	www.ener-g.com
Snack	Crackers	Wheat -free - Very similar to Saltines in flavor	Ener-G Foods	MM, WO	www.ener-g.com
Snack	Crackers	milk-free, egg-free (great-tasting crackers!)	Glutano	MR	
Snack	Crackers	Ritz-type crackers. Very good!	Bi-Aglut	online	www.dietaryshoppe.com ; www.glutino.com
Snack	Crackers - Nut-Thins	Made from almonds - natural rice and nutmeal - come in several nut varieties, including almond and pecan.	Blue Diamond	MM, WO	Great for dipping in hummus bean dip from Trader Joe's
Snack	Crackers - Savory thin mini Crackers	include sesame seeds and maltodextrin from corn.	House	TJ	
Snack	Crackers - Savory Thins	Sesame Rice Crackers	Sesmark	WO	Great for dipping in hummus bean dip from Trader Joe's
Snack	Crisp Bread	also good for breadcrumbs	Glutano	online	www.dietaryshoppe.com
Snack	Crispy Rice Bars	Cereal bars: come in peanut butter, chocolate, or berry. THE CHOCOLATE BAR IS NOT GF/CF. The other two are fine	EnviroKidz	TJ, H	Good for snacks or as reinforcers (can be easily broken down into small pieces).
Snack	Crudites (accent on the e), Vegetable Snack Twirls	Flavored celery and carrots in puffy, crunchy, twisted curls - green, orange, red, and beige mixture.	Hain PureSnax	MM	Our son refused them the first few attempts. Said they tasted yucky. But giving him a bag to snack from a few months later, he snarffed them down!
Snack	Frites Americaine	Crispy Fry-like potato snacks with tomato, onion and spice seasoning	Terra	WO	Great Reinforcers for ABA program! We also use them to reinforce eating less-desired foods (e.g., eat one meat nugget, get 1-2 frites)
Snack	Frites Seasoned Salt	Crispy Fry-like potato snacks with light sea salt and herbs seasoning	Terra	WO	Great Reinforcers for ABA program! We also use them to reinforce eating less-desired foods (e.g., eat one meat nugget, get 1-2 frites)
Snack	Fritos Corn Chips	Only the original ones -- not the various seasoned versions	Fritos	Any Grocery	
Snack	Fruit Snacks	Mixed berry	Nabisco	R	These are the fruit snacks that our son loves -- used sparingly and only occasionally as reinforcers -- do contain dyes, gelatin, corn starch and corn syrup
Snack	Fudge Brownie Protein Bar	Ingredients: Egg white protein, xylitol, organic almond butter, water, Arabic gum, almonds, cocoa, natural flavoring, vanilla, guar gum, sea salt.	Jay Robb Enterprises	online	www.jayrobb.com
Snack	Granola Bars	Includes filberts, walnuts, almonds, eggs, etc. (is also free of peanuts, yeast and soy)	Ener-G Foods	MM, online	www.dietaryshoppe.com
Snack	Jelly Gummi Bears	Organic; sugar-coated bears; no gelatin; vegan	Edward & Sons	WF	Packaged in small box containing four individual packets of 9-10 gummi's
Snack	Lay's Original Potato Chips	Plain - no flavored chips - Lays Baked chips (plain) are okay as well	Frito-Lay	Walmart or grocery	
Snack	Peanutbutter Protein Bar	Ingredients: Egg white protein, xylitol, organic peanut butter, water, Arabic gum, organic agave, peanuts, organic crispy brown rice, natural flavoring, vanilla, guar gum.	Jay Robb Enterprises	online	www.jayrobb.com
Snack	Plantain Chips	Roasted; Slightly salty (not sweet)	Inka Crops	TJ	Excellent alternative to potato chips for kids who cannot have potatoes.
Snack	Plantain Chips (platanitos)	Very similar to potato chips (slightly salty, not sweet)	Goya	R	Ethnic foods section
Snack	Pop corn	Microwave pop corn - has soybean oil, canola oil	Healthy Choice	Any grocery	
Snack	Potato Chips	Plain, unsalted, natural (Ingrid: unpeeled potatoes, expeller pressed high oleic oil (canola and/or sunflower).	Barbara's	MM	No preservatives
Snack	Potato Flyers	potato snacks	Robert's American Gourmet	MR	www.missroben.com
Snack	Potato Sticks		Skinny's		
Snack	Pretzel Rings	GF/CF, as well as egg-free. Small round pretzels with sesame seeds. packaged in small 2.65-ounce bags	Ener-G Foods	MM	
Snack	Pretzels	wheat-, milk-, lactose-, and egg-free -- packaged in small 2.65-ounce bags	Ener-G Foods	MM, WF, WO, Online	Glutano makes a similar pretzel that is comparable. www.energ.com or www.missroben.com
Snack	Pretzels	Small bags of pretzels similar to EnerG's pretzels also available at Dietary Specialties, Gluten-Free Pantry, and Miss Robins	Glutano	GF, MR, Dietary Specialties	
Snack	Rice Bran Crackers	Organic Rice & Corn Cracker (graham-type)	Health Valley		Sandwich with peanut butter or CF frosting for a yummy treat. BEWARE OF THEIR Amaranth crackers, which are packaged to look exactly the same, but also have organic whole wheat!

Snack	Rice Cakes	Bite sized - plain, Ingrid: whole grain brown rice, water, salt.	Tree of Life	MM	Mini rice crackers - not pressed (thick but only the size of a quarter.)
Snack	Rice Cakes	Ingrid: nutra-farmed california brown rice	Lundberg Family Farms	WO, many grocery stores	
Snack	Rice Chips	rice, potato, sea salt & cracked pepper	House	TJ	
Snack	Rice Chips	Ingrid: Rice flour, potato starch, potato flour, high oleic safflower oil, sea salt & cracked pepper	House	TJ	
Snack	Rice Chips (made with corn and rice)	Dorito like chips - have several flavors: Santa Fe Barbecue, Sea Salt, Sesame & Seaweed, Pico De Gallo	Lundberg Family Farms	TJ, MM	Similar in consistency to Doritos.
Snack	Rice Crackers	flavored rice crunch crackers. These are very crunchy. Ingrid: rice flour, sesame seeds, corn oil, sea salt, soy lecitihin.	KAME	online	www.dietaryshoppe.com
Snack	Rice Crisps	Great taste, oven-baked. Imported from China. Ingrid: 100% High Grade Japonica Rice, Corn Oil, Onion Powder, Sea Salt	National Importers, Inc.	MM	
Snack	Rice Sticks	Lite 'n Krispy, all Natural. Ingrid: whole grain brown rice, whole brown sesame seeds, almonds, potato starch, salt	Nature's Hlilights	MM	
Snack	Roasted Corn	no hydrogenated oils; light crunch	Inka Crops	TJ	These are addicting...just like corn nuts. Yummy!
Snack	Ruffles Potato Chips	Plain - no flavored chips - Ruffles Baked chips (plain) are okay as well	Frito-Lay	Any grocery	
Snack	Seattle Crackers	Crunchy crackers - the size of wheat thins. Not much flavor, but good with CF cheese or hummus.	EnerG Foods	MM, online	www.ener-g.com
Snack	Snack Bars	Caramel Apple, Cocoa Loco, or Verry Berry	Enjoy Life Natural Brands		www.enjoylifeb.com ; 888-50-ENJOY
Snack	Snapea Crisps	Pea pod shaped snacks (green)	Calbee Foods	WF, WO, MM	
Snack	Soy Crisps	Oven bakes, light & crispy mini "rice cracker-type" snacks	Gen Soy	R	Read label carefully - they offer many flavors, some of which may contain milk or wheat derivatives - we us the Deep Sea Salted flavor.
Snack	SuperFruits Dessert Mix (gelatin)	Several flavors available: Strawberry, Orange, Raspberry, Cherry	Hain Pure Foods	WF, MM	
Snack	Sweet Potato Corn Tortilla Chips	Very similar to doritos corn chips, but with a flavorful twist by adding sweet potatoes. These are very addicting....I can go through a whole bag myself!	Vegetas	MM	Corporate has claimed they are GF/CF. I cannot vouch for that status though. Does contain vinegar, but corporate says wheat is not used in the process. Our son has eaten these a few times with no gluten reaction.
Snack	Tarot (or Spiced Tarot) Chips	Similar enough in look to potato chips, that our son began eating them when he went potato-free.	Terra	Any Grocery, WO	NOTE: NOT ALL TERRA CHIPS ARE GF/CF. THE MEDITERRANEAN CHIPS WITH ZESTY TOMATO ARE NOT GF/CF. SOME OF THE FLAVORED VERSIONS WITH SEASONINGS MAY NOT BE AS WELL.
Snack	Tortilla Chips (Mini White Rounds)	All natural ite-size tortilla chips. Ingrid: organic white corn, expeller pressed oleic safflower and/or sunflower oil, sea salt.	Garden of Eatin'	MM	
Snack	Veggie Chips	light, potato-based chips (multi-colored chips in plain, orange and green)	House	TJ, WF	
Snack	Veggie Chips	Multi-colored potato, spinach and carrot chips - look like colored corn chips, but are light and airy potato chips.	Robert's American Gourmet	MM	May also be available in other HFS.
Snack	Veggie Chips - Potpourri of Vegetables	Taro, Yuca, Sweet Potato, Ruby Taro, Parsnip	Terra	Any Grocery	Many stores carry them in small lunch sizes as well, for an easy snack on-the-go, or for school lunches.
Snack	Veggie Corn Puffs (Buccaneer Joe's Unburied Treasure Veggie Corn Puffs)	Ingrid: Commeal, rice flour, veg. oil (corn, canola and/or sunflower oil), vegetable seasoning (spinach, Kale, Cabbage, Carrot, Broccoli, Parsley), sea salt	House	TJ	Same look and texture/crunch as cheese puffs, but smaller, and green.
Snack	Veggie Crisps	A bountiful blend of potato, spinach and tomato chips. Multicolored ruffled chips.	Eatsmart	R	A bit pricey though at over \$4 per bag.
Snack	Veggie Crisps - Lowfat	Like thin mini rice cakes, beige, colored green (spinach powder), and red (beet powder, tomato powder)	House	TJ	
Snack	Vitality Buddha Snack Bar	Hazelnut Brownie, Cherry Vanilla, and Chocolate Mint. Loaded with essential vitamins and minerals	Vitality	KL	www.kirkmanlabs.com
Snack	Yam Chips	Tasty yam chips	Terra	R, TJ, WF, WO	Can find in most grocery stores too. Another chip that our son tolerates - especially after we took away potatoes. Have also added some in the food processor when making nugget breading for a flavorful twist.
Snacks		BAKED LAY'S® Original Potato Crisps	Frito Lay	Almost all stores	
Snacks		BAKED RUFFLES® Original Potato Crisps	Frito Lay	Almost all stores	
Snacks		BAKED TOSTITOS® Bite Size Tortilla Chips	Frito Lay	Almost all stores	
Snacks		BAKEN-ETS® Hot `N Spicy Flavored Pork Cracklins	Frito Lay	Almost all stores	
Snacks		BAKEN-ETS® Hot `N Spicy Flavored Pork Skins	Frito Lay	Almost all stores	
Snacks		BAKEN-ETS® Pork Cracklins	Frito Lay	Almost all stores	
Snacks		BAKEN-ETS® Fried Pork Skins	Frito Lay	Almost all stores	
Snacks		CHESTER'S® Buter Artificially Flavored Popcorn	Frito Lay	Almost all stores	
Snacks		CHURRUMAIS® Limoncita Chile & Lime Naturally & Artificially Flavored	Frito Lay	Almost all stores	

Snacks	Corn Strips		Frito Lay	Almost all stores	
Snacks	DORITOS® Salsa Verde Flavored Tortilla Chips		Frito Lay	Almost all stores	
Snacks	DORITOS® Toasted Corn Tortilla Chips		Frito Lay	Almost all stores	
Snacks	FRITO LAY® Cashews		Frito Lay	Almost all stores	
Snacks	FRITO LAY® FLAMIN' HOT® Sunflower Seeds		Frito Lay	Almost all stores	
Snacks	FRITO LAY® Honey Roasted Peanuts		Frito Lay	Almost all stores	
Snacks	FRITO LAY® Hot Peanuts		Frito Lay	Almost all stores	
Snacks	FRITO LAY® Salted Peanuts		Frito Lay	Almost all stores	
Snacks	FRITO LAY® Smoked Almonds		Frito Lay	Almost all stores	
Snacks	FRITO LAY® Sunflower Seed Kernels		Frito Lay	Almost all stores	
Snacks	FRITO LAY® Sunflower Seeds		Frito Lay	Almost all stores	
Snacks	FRITO LAY® Sweet Honey Trail Mix		Frito Lay	Almost all stores	
Snacks	FRITOS® Bean Dip		Frito Lay	Almost all stores	
Snacks	FRITOS® Black Bean Dip		Frito Lay	Almost all stores	
Snacks	FRITOS® FLAVOR TWISTS™ Honey BBQ Flavored Corn Snacks		Frito Lay	Almost all stores	
Snacks	FRITOS® Hot Bean Dip		Frito Lay	Almost all stores	
Snacks	FRITOS® King Size Corn Chips		Frito Lay	Almost all stores	
Snacks	FRITOS® Original Corn Chips		Frito Lay	Almost all stores	
Snacks	FRITOS® SCOOPS!® Corn Chips		Frito Lay	Almost all stores	
Snacks	FRITOS® Waves Corn Chips		Frito Lay	Almost all stores	
Snacks	LAY'S® Classic Potato Chips		Frito Lay	Almost all stores	
Snacks	LAY'S® Deli Style Original Potato Chips		Frito Lay	Almost all stores	
Snacks	LAY'S® Fries Regular Flavored Potato Snacks		Frito Lay	Almost all stores	
Snacks	LAY'S® KC MASTERPIECE® BBQ Flavored Potato Chips		Frito Lay	Almost all stores	⚠WARNING: This product is no longer GF!
Snacks	LAY'S® Kettle Cooked BBQ Flavored Extra Crunchy Potato Chips		Frito Lay	Almost all stores	
Snacks	LAY'S® Kettle Cooked Regular Potato Chips		Frito Lay	Almost all stores	
Snacks	LAY'S® Limon Tangy Lime Flavored Potato Chips		Frito Lay	Almost all stores	
Snacks	LAY'S® Natural Sea Salt Thick Cut Potato Chips		Frito Lay	Almost all stores	
Snacks	LAY'S® STAX Original Flavored Potato Crisps		Frito Lay	Almost all stores	
Snacks	LAY'S® WOW!® Regular Potato Chips		Frito Lay	Almost all stores	
Snacks	Maui Style Regular Potato Chips		Frito Lay	Almost all stores	
Snacks	MISS VICKIE'S™ Original Potato Chips		Frito Lay	Almost all stores	
Snacks	MUNCHOS® Regular Potato Crisps		Frito Lay	Almost all stores	
Snacks	RUFFLES® Reduced Fat Regular Potato Chips		Frito Lay	Almost all stores	
Snacks	RUFFLES® Natural Reduced Fat Regular Sea Salted Potato Chips		Frito Lay	Almost all stores	
Snacks	RUFFLES® Regular Potato Chips		Frito Lay	Almost all stores	
Snacks	RUFFLES® WOW!® Regular Potato		Frito Lay	Almost all stores	
Soup	Black Bean & Vegetable Soup	Ingred: Org Black Beans, filtered water, org carrots, org corn, org potatoes, org celery, org leeks, org cilantro, sea salt, garlic, org parsely, org safflower oil, spices. In a can.	Amy's	R, TJ, WF, WO	www.dietaryshoppe.com
Soup	Organic Vegetable Broth	Fat Free & No MSG	Imagine	R, TJ, MM	We use this to make a yummy meatball and rice soup with carrots.
Soup	Chicken Bouillon	Vegetarian. Ingred: Vegetable and spice blend (broccoli, onion, garlic, carrot, beet, spinach, tomato, clove, bay, celery), sea salt, maltodextrin (from corn), molasses, yeast CelifibR extract, cold pressed sunflower oil.		online	www.dietaryshoppe.com
Soup	Chicken Rice Soup	A Hearty Chicken soup with Rice & Vegetables	Health Valley	online	www.dietaryshoppe.com
Soup	Soup/Broth	chicken, beef, and vegetable	House	TJ	
Soup	Southwestern Vegetable Soup	Organic soup, fire roast southwestern vegetable. Includes organic tomatoes, roasted potatoes, roasted onions, carrots, fire roasted green bell peppers, celery, green chiles, chipotle peppers, onions	Amy's	Henry's	
Starch	Animal-shaped pasta	Ingred: maize starch, maize flour, thickener, guar gum, emulsifier	Glutano	online	www.dietaryshoppe.com
Starch	Brown Rice Pasta	Organic	Lundberg Family Farms		Haven't tried this product yet
Starch	Brown Rice Pasta	Spaghetti Style - dry pasta	Tinkyada	WO	Haven't tried this product yet
Starch	Brown Rice Spirals	Ingred: Stone ground brown rice, rice bran, water	Tinkyada	online	www.dietaryshoppe.com
Starch	Corn-Quinoa Blend Pasta	shells	Ancient Harvest		Haven't tried this product yet
Starch	Corn Elbow Pasta	Ingred: yellow corn meal, yellow corn flour	Deboles	MM, WF, WO, Online	www.dietaryshoppe.com
Starch	Corn Spaghetti	100% Organic. Ingred: organic corn flour	Mrs. Leeper's	online	www.aibc.com
Starch	French Fries		Cascadian Farms		

Starch	Frozen Curry Rice		House	TJ	
Starch	Frozen Organic Rice		House	TJ	
Starch	Julienne Fries	Yukon Gold potatoes, julienned, seasoned with sea salt	Alexia	TJ, Henry's	www.alexiafoods.com
Starch	Penne Pasta	Rice & Corn pasta from Italy	Bi-Aglut	online	www.dietaryshoppe.com
Starch	Penne and Chreese (Macaroni and cheese substitute)		Vermont Organic Processor	WF	Our son did not like this, but may be worth a try. Is definitely not the same as Kraft's mac and cheese though.
Starch	Potatoes	Potato Flakes for Mashed Potatoes	Barbara's		We add them to food processor with cereal when making crumb mixture for nuggets
Starch	Potato Starch		Authentic Foods	WF, WO	Also Bob's Redmill makes potato starch. See "honey" in baking section for nutbutter balls - great way to hide supplements.
Starch	Pure Lentil Bean Pasta	Hi-Protein Rotini (High Fiber)	Papadini		Haven't tried this product yet
Starch	Jasmine Rice		House	TJ	sold in a 3-lb. Bag with zipper
Starch	Rice Spaghetti Style Pasta	Ingred: Rice flour and rice bran extract	MM		
Starch	Rice Pilaf		House	TJ	
Starch	Rice Trilogly		House	TJ	
Starch	Rigati Pasta	Many shapes. Ingred: rice flour, maize flour, pea protein isolate, emulsifier.	Dr. Schar	online	www.dietaryshoppe.com
Starch	Spanish Rice		House	TJ	
Starch	Spinach Spaghetti	Ingred: Stone ground brown rice, spinach powder, water	Tinkyada	online	www.dietaryshoppe.com
Starch	Organic Tater Bites	Ingred: Organic potatoes, organic palm oil, salt, citric acid (to retain color).	Wild Oats	WO, Henry's	
Starch/Soup	Instant Rice Noodles	Onion	Thai Kitchen	WF, MM	Try adding beaten egg to water during last minute of cooking; also can add veggies and meats to make a more hearty meal.
Starch/Soup	Instant Rice Noodles	Garlic & Vegetable	Thai Kitchen	WF, MM	Try adding beaten egg to water during last minute of cooking; also can add veggies and meats to make a more hearty meal.
Starch/Soup	Rice Noodle Bowl	Garlic - packaged in bowl	Thai Kitchen	WF	Try adding beaten egg to water during last minute of cooking; also can add veggies and meats to make a more hearty meal.
Supplement	Calcium Powder	Chocolate flavored	Kirkman Labs	KL	We bake it into cookies or muffins, to work out to 1/2 tsp. Per serving. The flavored calcium doesn't leave a bitter aftertaste like the non-flavored calcium does. www.kirkmanlabs.com - CONSULT WITH YOUR DOCTOR BEFORE BEGINNING SUPPLEMENTATION. EVERY CHILD'S SUPPLEMENT NEEDS MAY VARY.
Supplement	Coromega	Omega-3 fish oil supplement - Natural orange flavor. 28 or 90 foil packets to a box. Squirt it in mouth, spread it on toast, or we just put it in juice or diluted soda/spritzer with a covered lid to hide the floaties.	Coromega	MM, KL	CONSULT WITH YOUR DOCTOR BEFORE BEGINNING SUPPLEMENTATION. EVERY CHILD'S SUPPLEMENT NEEDS MAY VARY.
Supplement	DHA Junior	Omega-3 cod liver oil, strawberry flavored. Can puncture capsules and squeeze oil onto GF hashbrowns or tater tots if child won't swallow or chew capsules.	Nordic Naturals		CONSULT WITH YOUR DOCTOR BEFORE BEGINNING SUPPLEMENTATION. EVERY CHILD'S SUPPLEMENT NEEDS MAY VARY.
Supplement	Fruit-Eze jam/spread	Ingredients: prunes, dates, raisins, prune juice. For regularity -- We use it instead of jelly or jam	Fruit-Eze	online	1-888-734-8527 or www.Fruiteze.com CONSULT WITH YOUR DOCTOR BEFORE BEGINNING SUPPLEMENTATION. EVERY CHILD'S SUPPLEMENT NEEDS MAY VARY.
Supplement	Mini-Minerals	Water soluble clear minerals - we use Zinc, Selenium, Chromium, and Magnesium	World Health Mall	(619)938-1671	CONSULT WITH YOUR DOCTOR BEFORE BEGINNING SUPPLEMENTATION. EVERY CHILD'S SUPPLEMENT NEEDS MAY VARY.
Sweetener	Date Sugar	Organic, Dry Natural Sweetener	Aunt Patty's	WO	Packaged in 11-oz shaker (sized similar to a large bottle of garlic salt) - found in the baking aisle by other sugars/sweeteners in health food store. NOTE: Last time we purchased, we had to special order six bottles as Wild Oats discontinued stocking this sugar.
Sweetener	Date Sugar		Bob's Red Mill		WARNING: This product is NOT GF - dusted with oat flour the last time we purchased it and noticed the fine print.
Sweetener	Honey	Pure Clover Honey	House	Any Grocery	Mix 1/3 honey, 1/3 peanut butter (or sub. Almond or cashew butter, or combo), 1/3 potato starch for great nutbutter balls -- great way to hide supplements! Top with GF/CF chocolate chip, or hide chip in center. Or roll them into snakes....Any measurement, equal parts.
Sweetener	Honey Crystals	dry natural sweetener - sugar substitute	Aunt Patty's	WO	Packaged in 11-oz shaker (sized similar to a large bottle of garlic salt) - found in the baking aisle by other sugars/sweeteners in health food store.
Sweetener	Maple Sugar	Dehydrated pure maple syrup	Authentic Foods	MM	
Sweetener	Ultimate Sweetener	sugar substitute derived from 100% birch bark	Miss Robens	MR	
Waffles	Banana Waffles		House	TJ	
Waffles	Blueberry Waffles	Dairy Free, Egg-free, Wheat Free	Vans	Henry's, WO, WF, MM	
Waffles	Buckwheat Wildberry Waffles	Includes blueberries and raspberries	Lifestream		
Waffles	Waffles	Dairy free, egg free	Vans	WO, WF	Van's makes several kinds of waffles. Ensure they are marked

vwanes	vwanes	Dairy-free, egg-free	vans	wo, wvr	wheat-free and dairy-free.
Waffles	Mesa Sunrise Waffles	Yeast Free, Dairy Free, Egg Free, Gluten Free	Lifestream	MM	What a find! Includes corn, potato, flax seed, buckwheat flour, soy, amaranth and quinoa.
	Chocolate Chips	Pure chocolate - Kosher for Passover. Ingrid: sugar, chocolate liquor, cocoa butter (non-dairy)	Paskesz	KL	www.kirkmanlabs.com
	Chocolate Dinosaurs	They also have many other GF/CF chocolate treats	Chocolate Decadence	online	www.chocolatedecadence.com - Paradise for Chocolate Lovers
	Frosted Flakes	Ingrid: Organic corn meal, organic evaporated cane juice, organic honey, sea salt.	EnviroKidz	TJ, WF, WO, MM	
	Orange Juice	100% pure Orange Juice from Concentrate	Sunkist	R, MM, Henry's	We buy the small 16 oz. Bottles as our son only gets orange juice once or twice a week, and it is diluted 5 parts water to one part juice. This one is our favorite.