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## GFCF Food Shopping List

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March 9th, 2011

### **Includes many GFCF items you can buy in many supermarkets**

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#### **Store Key:**

Any = Most supermarkets

All other products can be found in health food stores and/or online.

*If your local market does not carry the GFCF foods that you need, be sure to speak with the buyer or manager to ask for a special order and/or to carry the item on the market shelf.*

**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.

Product Name	Maker or Source	Comments
<b>Baby Foods</b>		
Pears & Chicken, Sweet Potatoes & Turkey, Apples & Chicken, Apples & Ham, Broccoli & Chicken, Bananas with Carrots & Beef, Vegetable beef dinner, vegetable chicken dinner, vegetable ham dinner, vegetable turkey dinner, Chicken & Wild Rice, Squash Corn Chicken	Gerber	Any
Applesauce, Peaches, Pears, Plums with Apples Prunes with Carrots, Banana Plum, Squash, Sweet Potatoes, Dutch Apple, Banana, Pear & Wild Tropical Fruit, Pear & Winter Squash	Gerber	Any
Formula	Elecare	For oral or tube feeding. Use under a doctor's supervision.
Infant Formula	Neocate	For children with food sensitivities and allergies
Medical Food	Ultra Care for Kids	Nutritional Support for Children with Food Sensitivities
Medical Food	Duocal	Powdered medical food providing fat and carbohydrate for increased caloric intake for children over the age of one year.

Rice Cereal for Baby – Stage 1	Beech Nut	Any	Excellent in muffins
Rice cereal with Apple sauce	Gerber	Any	

## Baking – Bread Mix

Biscuit & Baking Mix	Bob's Red Mill		
Bread Mix	Bob's Red Mill		For bread machine or by hand — use CF milk
Bread Mix	Pamela's Products		Makes Pizza and Pie Crusts too
Bread Mix	Namaste Foods		Free of potato, corn, soy, tree nuts and peanuts
Bread Mix	Authentic Foods		Made with a special pea fiber flour, and has more protein and fiber not found in most GF breads.
Bread Mixes	Chebe		The line of Chebe products includes gluten free, oven-ready frozen dough and gluten free bread mixes. All of the products are corn free, peanut free and tree nut free, soy free, potato free, and rice free. Five of our gluten free bread mixes are also lactose free and casein free. Chebe is a 100% Gluten Free Manufacturer with a dedicated gluten free facility.
Cornbread/muffin Mix	Bob's Red Mill		
Country French Bread/Bagel Mix	Gluten-Free Pantry		
French Bread & Pizza Mix	Gluten-Free Pantry		

Rice Bread Mix – White Rice	Authentic Foods	
White Bread Mix	Authentic Foods	www.dietaryshoppe.com

## Baking – Cake, Cupcake, Doughnut & Muffin Mix

Angel Food Cake Mix	Kinnikinnick Foods	
Blueberry Muffin Mix	Authentic Foods	Makes 12 muffins; dairy free and egg free
Brownie Mix	Cause You're Special	
Brownie Mix	Gluten-Free Pantry	
Brownie Mix	Bob's Red Mill	
Brownie Mix, Blondies Mix	Namaste Foods	Free of potato, corn, soy, tree nuts and peanuts
Cake Mixes – Chocolate, Chocolate Ganache, Spice, Vanilla, Lemon	Sweetie Cakes	No bean, corn or soy, and no shared equipment.
Chocolate Cake Mix	Cherrybrook Kitchen	Peanut free, egg free, nut free. NOTE: They also make mixes that contain gluten so read labels carefully. The Gluten Free Mixes have a banner across the box: Gluten Free Dreams
Chocolate Cake Mix	Gluten-Free Pantry	
Chocolate Cake Mix	Cause You're Special	

Chocolate Cake Mix	Authentic Foods	
Chocolate Cake Mix	Namaste Foods	Free of potato, corn, soy, tree nuts and peanuts
Chocolate Truffle Brownie Mix	Gluten-Free Pantry	Great Reinforcers for ABA program!
Coffee Cake Mix	Gluten-Free Pantry	
Doughnut Mix	Kirkman Labs	Calcium rich; Fortified with Vitamin E, Magnesium, and Zinc
Fudge Brownie Mix	Cherrybrook Kitchen	Peanut free, egg free, nut free. NOTE: They also make mixes that contain gluten so read labels carefully. The Gluten Free Mixes have a banner across the box: Gluten Free Dreams
Muffin & Quickbread Mix	Cause You're Special	
Muffin Mix	Namaste Foods	Free of potato, corn, soy, tree nuts and peanuts
Muffin Mix – Sugar Free	Namaste Foods	Free of potato, corn, soy, tree nuts and peanuts
Old Fashioned Cake & Cookie Mix	Gluten-Free Pantry	
Spice Cake (w/ Carrot Cake Option)	Namaste Foods	For Carrot Cake, also add shredded carrots and currants or raisins. Free of potato, corn, soy, tree nuts and peanuts
Ultra Chocolate Brownie Mix with Chocolate Chunks	Pamela's Products	
Vanilla Cake Mix	Namaste Foods	Free of potato, corn, soy, tree nuts and peanuts
Vanilla Cake Mix	Authentic	Can be used to make spice cakes,

	Foods	blueberry muffins, apple cakes, and more.
<b>Baking – Chocolate Chips</b>		
Chocolate Chips	Paskesz	Available at KirkmanLabs.com
Chocolate Chips	Enjoy Life Natural Brands	
Peanut Butter Chocolate Chips – Tropical Source	Sunspire	NOTE: Tropical Source Candy Bars are NOT GF/CF

## Baking – Cookie Mix

Chocolate Chip Cookie Mix	Cherrybrook Kitchen	Peanut free, egg free, nut free. NOTE: They also make mixes that contain gluten so read labels carefully. The Gluten Free Mixes have a banner across the box: Gluten Free Dreams
Chocolate Chip Cookie Mix	Cause You're Special	one pkg. makes about 2 dozen cookies
Cookie Base – 5 in 1	Kirkman Labs	Fortified cookie base with pkg. instructions for sugar, lemon, chocolate chip, peanut butter, or “oatmeal-type” cookies
Cookie Mix (like Sugar Cookies)	Namaste Foods	JustFree of potato, corn, soy, tree nuts and peanuts
Sugar Cookie Mix	Cherrybrook Kitchen	Peanut free, egg free, nut free.
Sugar Cookie Mix (Cookies for the Cause)	Kirkman Labs	Also soy and corn free
Sugar Cookie Mix	<b>Earthly Treats</b>	No cross contamination

## Baking – Flour Mix

All Purpose Baking Mix	Arrowhead Mills
All Purpose GF Baking Flour	Bob's Red Mill
Bread Crumbs	EnerG Foods
Multi-Blend Gluten Free Flour	Authentic Foods

## Baking – Flours, Meals, Starches

Almond Flour	scdiet.com	A staple on the SCD diet
Almond Flour	Lucy's Kitchen	GF/CF yet SCD friendly too. Contains almonds
Almond Meal	Authentic Foods	For pie crusts, cookies, cakes, bread, and coating chicken.
Almond Meal Flour	Bob's Red Mill	Made from skinless, blanched almonds that have been finely ground.
Amaranth Flour	Bob's Red Mill	
Amaranth Grain – Organic	Bob's Red Mill	Nutty flavor and high in fiber
Arrowroot Flour	Authentic Foods	Can be exchanged in same quantity with corn starch – a good substitute if eliminating corn
Arrowroot Starch/Flour	Bob's Red Mill	A thickening agent that may be used in place of corn starch.
Bette's Featherlight Rice Flour Blend	Authentic Foods	rice flour, tapioca flour, corn starch, and potato flour blend

Bette's Gourmet Four Flour Blend	Authentic Foods	garfava flour, sorghum flour, corn starch, and tapioca flour blend
Black Bean Flour	Bob's Red Mill	
Brown Rice Flour	Bob's Red Mill	
Brown Rice Flour	Arrowhead Mills	
Brown Rice Flour Superfine	Authentic Foods	
Buckwheat Flour	Bob's Red Mill	
Classic GF Flour Blend	Authentic Foods	All purpose flour mix for baking cakes, muffins, cookies and pie crusts – NOT RECOMMENDED FOR BREAD.
Coconut Flour	Tropical Traditions	organic
Coconut Flour Blend	Gluten-Free Mama	Tangy sweet taste and smooth texture to GF/CF recipes.
Corn Flour	Bob's Red Mill	
Cornmeal	Bob's Red Mill	medium grind cornmeal
Cornstarch	Bob's Red Mill	Thickens soups, sauces and fillings
Cornstarch	Authentic Foods	
Cornstarch	Clabbor Girl	
Cornstarch	Rumford	
Flaxseed Meal	Bob's Red	Fiber, Lignans, Omega-3 & -6 fats;

	Mill	Bakes well in cookies and other baked goods; Adds a “nutty” flavor.
Garbanzo Bean Flour	Bob’s Red Mill	
Garfava Flour	Authentic Foods	Light bean flour used by Bette Hagman and Carol Fenster in many of their cookbooks
Just Almonds	Trader Joe’s	Almond mix for baking
Millet Flour	Bob’s Red Mill	
Pecan Meal	We’re Nuts	
Potato Flour	Bob’s Red Mill	
Potato Flour	Authentic Foods	
Potato Starch	Bob’s Red Mill	Used as a thickener for making gravies, sauces, soups or stews. Also excellent in baking.
Potato Starch	Authentic Foods	3 lb. bag – used for thickening and gf baking.
Potato Starch Flour	Ener-G Foods	
Quinoa Flour	Bob’s Red Mill	
Quinoa Flour	Ancient Harvest	Organic; should be used in conjunction with other flours in baking since it does not contain gluten
Rice Almond Blend Flour	Gluten-Free Mama	High in fiber and protein – good for baking.
Rice Bran	Ener-G Foods	

Rice Bran	Bob's Red Mill	Natural fibre cereal or baking mix; Also used to make Hot Cereal (dried fruit such as raisins may be added)
Sorghum Flour	Bob's Red Mill	
Sorghum Flour	Authentic Foods	
Sweet Rice Flour	Authentic Foods	great for gravies, sauces & gf baking
Sweet White GF Sorghum Flour	Bob's Red Mill	
Tapioca Flour	Bob's Red Mill	
Tapioca Flour	EnerG Foods	
Tapioca Flour	Authentic Foods	
Teff Flour	Bob's Red Mill	
White Bean Flour	Bob's Red Mill	
White Corn Flour	Authentic Foods	Good to blend with corn meal for corn bread and corn muffins. Hush puppies and Corn Muffin recipes on back of package.
White Rice Flour	Bob's Red Mill	
White Rice Flour Superfine	Authentic Foods	

## Baking – Pie Crust Mix & Fillings

Pie Crust	Authentic Foods		Can also be used for cookie dough. Includes almond meal.
Pie Crust Mix	Cause You're Special		
Pie Crust Mix	Gluten Free Pantry		
Pie Fillings	Comstock	Any	Apple, blueberry, strawberry, cherry, blackberry, peach, apricot

## Baking – Supplies

Baking Powder	EnerG Foods		Low sodium; aluminum-free. Comes in a 12-oz. tub. Use twice that of regular baking powder.
Baking Powder	Bob's Red Mill		Aluminum-free
Baking Powder	Glutino		
Baking Powder	Clabbor Girl		
Baking Powder	Rumford		
Baking Powder	Kinnikinnick		KinnActive Corn Free Baking Powder
Baking Soda	Clabbor Girl		
Baking Soda	Bob's Red Mill		Uses no chemicals in the processing
Decorating Sprinkles	Earthly Treats		
Featherweight Baking Powder	Hain Pure Foods		Cereal free, gluten free, sodium free
Guar Gum	Bob's Red Mill		Use as a thickener for cold foods like salad dressings, ice creams and puddings and for hot foods like graview, sauces, stews and soups.

Guar Gum	Authentic Foods		Use as a thickener for cold foods like salad dressings, ice creams and puddings and for hot foods like graview, sauces, stews and soups.
Vanilla extract	Trader Joe's		
Vanilla extract	Frontier		
Vanilla extract	Tone's		corn-based
Vanilla extract (Madagascar)	Neilsen-Massey		
Vanilla powder	Authentic Foods		Vanilla powder is sweet, and will enhance flavor to baked goods. Used instead of Vanilla extract. Corn and soy free.
Xanthan Gum (stabilizer to help hold food together)	Bob's Red Mill		"Baking glue" – substitute for gluten to give volume to breads and other baked goods. Also used as a thickening agent for salad dressings, gravies, sauces, puddings, and even icecream to get creamy smooth texture.
Xanthan Gum (stabilizer to help hold food together)	Authentic Foods		"Baking glue" – substitute for gluten to give volume to breads and other baked goods. Also used in salad dressings to emulsify the oil and vinegar.
Yeast	Fleishmann's	Any	
Yeast	Red Star	Any	

## Candy

After Eight Dinner Mints	Nestle	Any	Always read labels – variations to original recipe could be an issue
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Bumble Bar	Bumble Bar Inc.		Thin bars of pressed sesame seeds, flax seeds, peanuts, and brown rice syrup. Ingredients vary by flavor.
Chocolate Lentils	Chocolate Emporium		like M&Ms, but GF/CF
Dots (gumdrops), Fluffy Stuff Cotton Candy	Tootsie	Any	Always read labels – variations to original recipe could be an issue
Dumdum Lollipops	Spangler Candy Co.	Any	Always read labels – variations to original recipe could be an issue
Fun Dip, Nerds, Pixy Stix	Wonka	Any	Always read labels – variations to original recipe could be an issue
Jelly Belly Jelly Beans	Jelly Belly	Any	NOT ALL FLAVORS – READ LABELS. Variations to original recipe could be an issue
Jelly Gummi Bears	Edward & Sons		Organic; sugar-coated bears; no gelatin; vegan. Packaged in small box containing four individual packets of 9-10 gummi’s
Jolly Rancher Hard Candy, Jelly Beans	Jolly Rancher	Any	Always read labels – variations to original recipe could be an issue
Jolly Rancher Lollipops	Jolly Rancher	Any	Assorted flavors (watermelon, apple, cherry, grape) – contain corn syrup. Great reinforcers for ABA program! Our child has worked for a few seconds of licking the lollipop!
Canada Mint & Wintergreen Lozenges, Candy Buttons, Candy Stix, Mary Janes Mary Jane Peanut Butter Kisses, Necco Candy Eggs (Easter), Necco Wafers, Sweethearts Valentine Candy, Talking Pumpkins (Halloween)	Necco	Any	Always read labels – variations to original recipe could be an issue
Mike & Ike Candies		Any	Always read labels – variations to original recipe could be an issue

Pez	Pez	Any	Always read labels – variations to original recipe could be an issue
Skittles, Starburst Fruit Chews	Wrigley, a subsidiary of Mars, Inc.	Any	Always read labels – variations to original recipe could be an issue

## Cereal – Cold

Amazon Flakes	EnviroKidz		Corn Flakes
Amazon Frosted Flakes	EnviroKidz		GF/CF version of Frosted Flakes
Aztec Crunchy Corn & Amaranth Cereal	Erewhon		
Blue Corn Flakes	Health Valley		Use a food processor to make great bread crumb mixture for chicken nuggets
Brown Rice Cereal	Alf's	Any	
Brown Rice Crisps	Barbara's Bakery		Similar to Rice Krispies, but these are GF/CF. <i>RICE KRISPIES ARE NOT GF/CF.</i> Use a food processor to make great bread crumb mixture for chicken nuggets
Buckwheat Flakes	Arrowhead Mills		Use a food processor to make great bread crumb mixture for chicken nuggets
Cinnamon Crunch Granola	Enjoy Life Natural Brands		
Cocoa Crispy Rice	New Morning		
Cocoa Crispy Rice	Erewhon		
Corn Crunch-Ems Cereal	Health Valley		GF/CF version of Corn Chex. Use a food processor to make great bread

		crumb mixture for chicken nuggets
Corn Flakes	Erewhon	
Corn Flakes	Barbara's Bakery	Use a food processor to make great bread crumb mixture for chicken nuggets
Corn Flakes	Nature's Path	
Corn Flakes	Arrowhead Mills	
Corn Flakes	Nature's Path	Organic, Fruit Juice Sweetened; Comes in Box, or 26.4 oz Economy Pack (Bag)
Corn Flakes	Barbara's Bakery	Like Frosted Flakes – Fruit juice sweetened
Corn Flakes – Honey'd	Nature's Path	
Cranapple Crunch	Enjoy Life Natural Brands	
Crispy Brown Rice Cereal – Gluten Free Version	Erewhon	Like Rice Krispies, but GF/CF
Crispy Brown Rice Cereal – Frosted	New Morning	Like chocolate Rice Krispies, but GF/CF
Crispy Brown Rice Cereal with Mixed Berries	Erewhon	
Crispy Rice	Nature's Path	Like Rice Krispies, but GF/CF; Organic, Made from whole grain rice
Frosted Flakes	EnviroKidz	
Gorilla Munch	EnviroKidz	Organic corn – round, sweet crunchy cereal; Usually much cheaper at Trader Joe's.

Granola – Cinnamon Crunch, Very Berry Crunch, or Cranapple Crunch	Enjoy Life Natural Brands		Granola WITHOUT wheat or nuts
Honey Rice Puffins Cereal	Barbara's Bakery		Honey Rice flavored (not all Puffins are GF/CF); Possible Cross Contamination Issues.
Koala Crisp Cereal	EnviroKidz		Rice Crispy version of Cocoa Puffs. 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.
Mesa Sunrise Flax, Corn & Amaranth Flakes	Nature's Path		Multi-grain Cereal (flakes). Use a food processor to make great bread crumb mixture for chicken nuggets.
Muesli Cereal	Dr. Schar		
Panda Puffs	EnviroKidz		Peanut Butter flavored puffed cereal
Quinoa Flakes (for hot cereal)	Ancient Harvest		Can be used in breading mixture for nuggets as well.
Rice Cereal	Nabisco	Any	
Rice Chex	General Mills		In May of 2008 General Mills reformulated Rice Chex to use molasses instead of malt barley.
Rice Crunch-Ems Cereal	Health Valley	Any	GF/CF version of Rice Chex. Use a food processor to make great bread crumb mixture for chicken nuggets
Rice Twice	Erewhon		Frosted Crisps & Puffs of Brown Rice – looks like a combination of puffed rice and “rice krispy” cereal
Sweetened Rice Flakes	Arrowhead Mills		
Verry Berry Crunch	Enjoy Life		Fruity bites of crunchy brown rice

	Natural Brands	granola with freeze-dried strawberries and raspberries
Whole-O's	Nature's Path	
	Barbara's Bakery	fruit juice sweetened

## Cereal – Hot

Brown Rice Cream Cereal	Erewhon	
Brown Rice Cream Cereal	Perky's	Creamy hot cereal made from organic brown rice.
Buckwheat Kernels (Roasted-Kasha)	Bob's Red Mill	buckwheat groats that have been roasted. Good in pilaf and hot cereal
Creamy Buckwheat	Bob's Red Mill	
Creamy Rice	Bob's Red Mill	
Hot & Creamy Rice Cereal	Lundberg Family Farms	
Hot Sweet Almond Cereal	Lundberg Family Farms	
Kasha Roasted Buckwheat Kernels	Bob's Red Mill	Use CF substitutes when making
Mighty Tasty GF Hot Cereal	Bob's Red Mill	
Millet Grits/Meal	Bob's Red Mill	Makes a good hot breakfast cereal or side dish (alternative to mashed potatoes or rice). Can also be added to breads or crackers.

Rice &amp; Shine

Arrowhead  
MillsHot Rice Cereal similar to Cream of  
Wheat

## Chips, Crackers, Pretzels & Rice Cakes

Apple chips	Good Health		
Apple-cinnamon Rice Cakes	Quaker	Any	
BAKED LAY'S® Original Potato Crisps, BAKED RUFFLES® Original Potato Crisps	Frito Lay	Any	
Baked Tostitos, Baked Tostitos Bite Size Tortilla Chips	Frito Lay	Any	Caution: flavored versions may contain gluten and/or casein
BAKEN-ETS® Fried Pork Skins, Hot `N Spicy Flavored Pork Cracklins, Hot `N Spicy Flavored Pork Skins, Pork Cracklins	Frito Lay	Any	
Black Bean Tortilla Chips	Garden of Eatin'		
Blue Corn Tortilla Chips	Guiltless Gourmet		
Brown Rice Crackers	Hol-Grain		Use a food processor to make great bread crumb mixture for chicken nuggets (we blend whatever products are on hand, and mix together with various spices)
Brown Rice Snaps	Edward & Sons		
CHESTER'S® Butter Artificially Flavored Popcorn	Frito Lay	Any	
CHURRUMAIS® Limoncita Chile & Lime Tortilla Chips	Frito Lay	Any	
Cinnamon Crackers	Ener-G		

Foods			
Corn Strips	Frito Lay	Any	
Crackers	Ener-G Foods		
Crackers	Glutano		egg-free
Crackers	Bi-Aglut		Ritz-type crackers. Very good!
Crackers	Dr. Schar		Wafer thin, made with buckwheat
Crackers – Savory thin mini Crackers	Trader Joe’s		include sesame seeds and maltodextrin from corn.
Crackers – Savory Thins	Sesmark		Sesame Rice Crackers. Great for dipping in hummus
Crisp Bread	Glutano		Also good for bread crumbs
Crudites (accent on the e), Vegetable Snack Twirls	Hain Pure Foods		Flavored celery and carrots in puffy, crunchy, twisted curls. 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!
DORITOS® Salsa Verde Flavored Tortilla Chips	Frito Lay	Any	
DORITOS® Toasted Corn Tortilla Chips	Frito Lay	Any	
Frites Americaine, Frites Seasoned Salt	Terra	Any	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)
FRITO LAY® Honey Roasted Peanuts, Hot Peanuts, Salted Peanuts, Smoked Almonds, Sunflower Seeds, Sunflower Seed Kernels, Sweet Honey Trail Mix, FLAMIN’ HOT® Sunflower	Frito Lay	Any	

## Seeds, Cashews

Fritos Corn Chips, King Size Corn Chips, Original Corn Chips, Scoops! Corn Chips, Waves Corn Chips	Frito Lay	Any	Only the original ones — not the various seasoned versions
FRITOS® Bean Dip, Black Bean Dip, Hot Bean Dip	Frito Lay	Any	
FRITOS® FLAVOR TWISTS™ Honey BBQ Flavored Corn Snacks	Frito Lay	Any	
Lay's Original Potato Chips, Classic Potato Chips, Deli Style Original Potato Chips,	Frito Lay	Any	Caution: flavored chips may not be GFCF
LAY'S® Fries Regular Flavored Potato Snacks	Frito Lay	Any	
LAY'S® Kettle Cooked BBQ Flavored Extra Crunchy Potato Chips, Kettle Cooked Regular Potato Chips	Frito Lay	Any	
LAY'S® Limon Tangy Lime Flavored Potato Chips	Frito Lay	Any	
LAY'S® Natural Sea Salt Thick Cut Potato Chips	Frito Lay	Any	
LAY'S® STAX Original Flavored Potato Crisps	Frito Lay	Any	
LAY'S® W!® Regular Potato Chips, Ruffles W!® Regular Potato Chips	Frito Lay	Any	
Maui Style Regular Potato Chips	Frito Lay	Any	
MISS VICKIE'S™ Original Potato Chips	Frito Lay	Any	
MUNCHOS® Regular Potato Crisps	Frito Lay	Any	

Pretzel Rings	Ener-G Foods		
Pretzels – Wylde	Ener-G Foods		
Pretzels	Glutano		
Rice Bran Crackers	Health Valley		Graham-type Cracker – 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!
Rice Cakes	Tree of Life		Mini rice crackers – not pressed (thick but only the size of a quarter.)
Rice Cakes	Lundberg Family Farms	Any	
Rice Chips	Trader Joe's		
Rice Chips	Lundberg Family Farms		Dorito like chips – have several flavors: Santa Fe Barbecue, Sea Salt, Sesame & Seaweed, Pico De Gallo. Made with corn and rice.
Rice Crackers	KAME		
Rice Crisps	National Importers, Inc.		
Rice Sticks	Nature's Highlights		
Roasted Corn	Inka Crops		These are addicting just like corn nuts. Yummy!
Ruffles Potato Chips	Frito Lay	Any	Plain – no flavored chips – Ruffles Baked chips (plain) are okay as well
RUFFLES® Regular Potato Chips,	Frito Lay	Any	

Natural Reduced Fat Regular Sea  
Salted Potato Chips, Reduced Fat  
Regular Potato Chips

Seattle Crackers	EnerG Foods		Crunchy crackers – the size of wheat thins. Not much flavor, but good with hummus.
Snapa Crisps – Original	Calbee Foods		Baked Pea pod shaped snacks (green). NOT THE CAESAR version.
Sweet Potato Corn Tortilla Chips	Vegetas		Very similar to Doritos corn chips, but with a flavorful twist by adding sweet potatoes. Corporate confirmed GF/CF. Add some of these chips when making bread crumbs for a flavorful twist.
Tarot (or Spiced Tarot) Chips	Terra	Any	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.
Tortilla Chips (Mini White Rounds)	Garden of Eatin’		
Veggie Chips	Robert’s American Gourmet		Multi-colored potato, spinach and carrot chips – look like colored corn chips, but are light and airy potato chips.
Veggie Chips (NOT Veggie Fries!)	Trader Joe’s		
Veggie Corn Puffs (Buccaneer Joe’s Unburied Treasure” Veggie Corn Puffs)	Trader Joe’s		Same look and texture/crunch as cheese puffs, but smaller, and green.
Veggie Crisps	Eatsmart	Any	Blend of potato, spinach and tomato chips. Multicolored ruffled chips.

Veggie Crisps	Trader Joe's		Low fat multi-colored chips
Wafers (thin crackers)	Glutano		
Yam Chips	Terra	Any	A good snack option that is potato-free. Can be added in the food processor when making nugget breading for a flavorful twist.

## Condiments – Sauces, Dressings, Gravy, Marinade, Spices, Seasonings

BBQ Sauce	Annie's Naturals	Any	Health Food section – READ LABELS – THEIR SMOKY BBQ CONTAINS WHEAT – the regular does not.
Black Bean & Corn Salsa	Trader Joe's		
Catsup	Westbrae Natural		Fruit-sweetened
Chili Seasoning	Bearitos		All common allergens are listed in ingredients as corporate policy.
Flavoring Syrup – Maple	Kirkman Labs		
Flavoring Syrup – Strawberry	Kirkman Labs		
Flavoring Syrup – Wild Cherry	Kirkman Labs		
French Dressing (organic)	Annie's Naturals		
French Tomato Vinaigrette	Seeds of Change		
Garlic Steak Sauce & Marinade, Ginger Stir-Fry Sauce & Marinade, Honey BBQ & Marinade, Honey	Mr. Spice Organic		8 of their 9 sauces are GF/CF – HOT WINGS Sauce contains Dairy.

Mustard Sauce & Marinade, Indian  
 Curry Sauce & Marinade,  
 Sweet/Sour Sauce & Marinade,  
 Tany Bang! Hot Sauce, Thai  
 Peanut Sauce & Marinade

Gravy Mix	Orgran		Vegan gravy with vegetable base and no added yeast or sugar.
Green Garlic Dressing (organic)	Annie's Naturals		
Ketchup	Annie's Naturals		
Maple Ginger Dressing	Annie's Naturals		
Mayo – Light Canola Mayo (labelled Vegan & Gluten Free)	Spectrum Naturals		Every mayo I found at several contained some questionable vinegar. This is the only brand that I found confirming GF status. Comes in a 16 ounce glass jar and is egg free!
Mayonnaise	Trader Joe's		
Mayonnaise – Organic (labelled Gluten Free)	Spectrum Naturals		Every mayo I found at several contained some questionable vinegar. This is the only brand that I found confirming GF status. Comes in a plastic squeeze bottle.
Mustard	French's	Any	Per website, all French's mustards are gluten-free
Mustard	East Shore		Sweet & Tangy, Coarse w/ Dill, Key Lime w/ Ginger, Mild w/ Tarragon, Garlic & Pepper, Chipotle Jalapeno
Oil & Vinegar with Balsamic Dressing	Annie's Naturals		
Papaya Poppy Seed Dressing	Annie's Naturals		

Pasta Sauce, Pizza Sauce, Salsa	Enrico's			All flavors are GF/CF, per corporate 1/08; Note that their website is VERY outdated – Their only current products offered are Salsa, Pizza Sauce, and Pasta Sauce.
Red Hot Cayenne Pepper Sauce	Frank's	Any		
Red Wine Dressing	Annie's Naturals			
Roasted Garlic	Trader Joe's			
Roasted Garlic Dressing	Annie's Naturals			
Salad Dressing – Balsamic Vinaigrette	Seeds of Change			
Salt (Kosher Salt)	Diamond Crystal	Any		
Sesame Ginger with Chamomile Dressing	Annie's Naturals			
Smokey Tomato Marinade	Annie's Naturals			
Spices – McCormick	McCormick, Inc.	Any		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
Spices – Ton's	Tone's			Read labels to verify; chili powder, oregano, thyme, cinnamon
Sweet Dijon Vinaigrette	Seeds of Change			
Taco Seasoning	Bearitos			Contains corn and yeast. Note: All common allergens are listed in ingredients as corporate policy.
Turkey Bolognese Sauce	NuLife			Gluten free, casein free and soy free,

	Foods	this sauce is made with wholesome, all natural ground turkey breast, crushed tomatoes, garlic, onions, carrots, celery, extra virgin olive oil and herbs and spices.
Worcestershire Sauce	Annie's Naturals	

## Cookies, Bars & Muffins

Animal Cookies	EnviroKidz	Very tasty Square sugar cookies with animal pictures.
Apple Pie Bar, Banana Cookie Bar, Cashew Cookie Bar, Cherry Pie Bar, Chocolate Coconut Chew Bar, Ginger Snap Bar	Larabar	Contain nuts
Banana Walnut Cookies	SCD Bakery	GF/CF yet SCD friendly too
Biscuits	Glutano	Small flat cookies in Plain, Apricot or Chocolate Chip Flavors
Blueberry Muffins	Kinnikinnick Foods	Look for GFCF ALTA label
Carrot Muffins	Natural Food Mill	Contains eggs and walnuts. 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.
Carrot Muffins	Kinnikinnick Foods	Moist and nutty. Look for the GFCF ALTA Label; Usually found in the freezer section.

Chewy Chocolate Chip Cookies	Enjoy Life Natural Brands	Soft baked cookies
Chewy Chocolate Chip Cookies	Enjoy Life Natural Brands	Soft baked cookies – 2-cookie Snack Pack
Chocolate Brownies	Ener-G Foods	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)
Chocolate Chip Cookies	Frookie	Warning: Not all Frookie’s cookies are GF/CF. If in doubt, call the manufacturer.
Chocolate Chip Cookies	NuLife Foods	Savor the chewy goodness of these “toll-house-style” GFCFSF cookies.
Chocolate Chip Cookies – Montanas	Kinnikinnick Foods	Look for the GFCF ALTA label.
Chocolate Chip Muffins	Kinnikinnick Foods	Look for GFCF ALTA label; Usually found in the freezer section
Chocolate Iced Donuts	Ener-G Foods	Soy Lecithin (also has cocoa)
Cookies	Nana’s	Individually wrapped cookies – Comes in several flavors – fruit juice sweetened. No eggs, no refined sugar. Caution: some varieties are NOT GFCF.
Cookie Bars	Nana’s	Individually wrapped cookies – 5 bars to a box – Comes in several flavors – fruit juice sweetened. No eggs, no refined sugar. Caution: some varieties are NOT GFCF.
Cookie Bites	Nana’s	Lemon, Fudge, and Ginger Spice. All of them are vegan. There is no gluten, casein, soy or corn.

Cookies – Apricot Biscuit	Glutano	egg-free
Cookies – Carob Hazelnut, Chunky Chocolate Chip, Chocolate Chip Walnut, Ginger, Peanut Butter	Pamela’s Products	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. If in doubt, email them at <a href="mailto:info@pamelasproducts.com">info@pamelasproducts.com</a> or call (650) 952-4546
Cookies – Gingerbread Spice	Enjoy Life Natural Brands	Gently spicy soft baked gingerbread cookies sweetened with fruit juice and brown sugar.
Cookies – Happy Apple	Enjoy Life Natural Brands	New product – Soft cookies with apple flavor and a touch of apple pie-like spice.
Cookies – Lively Lemon	Enjoy Life Natural Brands	
Cookies – Peanut butter	Frookie	Warning: Not all Frookie’s cookies are GF/CF. If in doubt, call the manufacturer.
Cookies – Short Cake Rings	Glutano	Like short bread, but no butter. Delicious!
Cookies – Snickerdoodles	Enjoy Life Natural Brands	2-cookie cookie pack for school lunches/snack
Cookies – Snickerdoodles, chocolate chip, no oats “oatmeal”, double chocolate brownie, gingerbread spice	Enjoy Life Natural Brands	Soft, chewy cookies – free of common allergens.
Cookies – Sweet Lemon, Chocolate Chip, or Sugar Cookies	Aunt Candice	

Cookies – Zebra Dreams	Glutino	Chocolate Cookies with vanilla cream between
Cranberry Muffins	Kinnikinnick Foods	Look for GFCF ALTA label; Usually found in the freezer section
Cream Sandwich Cookies (Vanilla Dreams – vanilla flavored, or Chocolate Dreams – chocolate flavored)	Glutino	5 packages of 2 sandwich cookies per box. No gluten, wheat, casein, milk, or egg.
Crispy Rice Bars	EnviroKidz	Cereal bars: come in peanut butter, chocolate, or berry. THE CHOCOLATE BAR IS NOT GF/CF. The other two are fine
Double Chocolate Brownie Cookies	Enjoy Life Natural Brands	Chocolate soft baked cookies
Evan’s Favorite Brownies	SCD Bakery	GF/CF yet SCD friendly too
Fudge Brownie Protein Bar	Jay Robb Enterprises	
Ginger Cookies	Glutano	
Ginger Snap Cookies	Kinnikinnick Foods	Sugar and spice in a crispy cookie. Also free of yeast, soy, corn, and nuts.
Graham Style Wafer Cookies	Kinnikinnick Foods	Great for S’Mores! Look for the GFCF ALTA label.
Graham-style Cookies	Kinnikinnick Foods	
Granola Bars	Ener-G Foods	Includes filberts, walnuts, almonds, eggs, etc. (is also free of peanuts, yeast and soy)
KinniKritters Animal Cookies	Kinnikinnick Foods	Look for the GFCF ALTA label. Also are Egg and Trans Fat free!
KinniToos Chocolate Vanilla Sandwich Cookies	Kinnikinnick Foods	Also yeast, egg, and nut free

KinniToos Vanilla Sandwich Cookies	Kinnikinnick Foods	Also yeast, egg, and nut free
Macaroons (Quinoa Macaroon & Chocolate Chip Macaroon)	Mrs. Denson's	Coconut macaroon cookies made with quinoa. <b>READ LABELS CAREFULLY.</b> They also have macaroons with gluten and dairy. The package that is okay is labeled <b>WHEAT FREE</b> on the front, but <b>ONLY</b> the Quinoa or Chocolate Chip. They also have Wheat Free cookies with other gluten-containing grains.
Mini Meringue Cookies	Trader Joe's	These practically melt in your mouth. Became an instant reinforcer. Does contain coconut.
Muffins – Lemon Streusel & Blueberry	Udi's	
Peanut Butter Protein Bar	Jay Robb Enterprises	
Snack Bars – Caramel Apple, Cocoa Loco, Verry Berry, or Sunbutter Crunch	Enjoy Life Natural Brands	
Squash Muffins	SCD Bakery	GF/CF yet SCD-friendly too; contains almond flour
Star Cupcakes	SCD Bakery	GF/CF yet SCD friendly too
Vitality Buddha Snack Bar – Hazelnut Brownie, Cherry Vanilla, and Chocolate Mint	Vitality	Loaded with essential vitamins and minerals
Walnut Cinnamon Cookies	SCD Bakery	GF/CF yet SCD friendly too

## Pizza Crust Mix

Pizza Crust Mix	Namaste Foods	Just add water and oil. Also good as a coating for pan fried chicken. Free of
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potato, corn, soy, tree nuts, peanuts, yeast and sugar.

Pizza Crust Mix

Cause You're Special

## Breads

Bagels

Enjoy Life Natural Brands

Classic Original or Cinnamon Raisin

Bread Crumbs

Hol-Grain

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 Sticks

Glutino

Bread Sticks – Pizza flavored

Glutino

Brown Rice Bread

Food for Life

Brown Rice Loaf

EnerG Foods

Cinnamon Rolls

EnerG Foods

Flatbread

SCD Bakery

GF/CF yet SCD friendly too. Contains almonds

Hamburger Buns

EnerG Foods

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

Hamburger Buns

Kinnikinnick Foods

Hot Dog Buns

EnerG

	Foods	
Hot Dog Buns	Kinnikinnick Foods	ALTA Hot Dog Buns – with Tapioca
Pizza Crust	Kinnikinnick Foods	
Pizza Crust	Nature's Highlights	Made with Brown Rice; yeast-free; Found in freezer section.
Pizza Crust	Glutino	
Pizza Crust	Udi's	
Pizza Shells	EnerG Foods	6" Yeast free rice pizza shells – 3 shells in one package
Raisin Loaf	EnerG Foods	white bread with raisins; egg free
Rice Almond	Food for Life	fruit juice sweetened sliced brown bread
Ryeless "Rye" Bread	Enjoy Life Natural Brands	
Sandwich Bread	Enjoy Life Natural Brands	
Sandwich Bread – White and Whole Grain	Udi's	
Seattle Brown Loaf	EnerG Foods	
Tapioca Hamburger Buns	EnerG Foods	
Tapioca Hamburger Buns	Kinnikinnick Foods	
Tapioca Hot Dog Buns	EnerG Foods	

Tapioca Loaf	EnerG Foods	
Tapioca Rice Cinnamon Raisin Bagels	Kinnikinnick Foods	Look for GFCF ALTA label
Tapioca Rice English Muffins	Kinnikinnick Foods	
Tapioca Rice Hot Dog Buns	Kinnikinnick Foods	
Tapioca Rice New York Style Plain Bagels	Kinnikinnick Foods	Look for GFCF ALTA label
Tapioca Rice Tray Buns	Kinnikinnick Foods	
Ultimate “Cheese” Pizza	NuLife Foods	Our GFCGSF pizza is topped with a traditional pizza sauce and vegan Daiya cheese.
White Rice Loaf	EnerG Foods	
White Rice Yeast-Free Loaf	EnerG Foods	

## Butter Alternative

Ghee (clarified butter)	Purity Farms	Per GF/CF Diet site, recommended to be used sparingly in small amounts for butter flavor, Works well for baking.
Earth Balance GFCFSF	Earth Balance	It’s a spreadable gluten free, casein free, soy free butter substitute

## Cream Substitute

MimicCreme	MimicCreme	Dairy free, gluten free, soy free, 100% vegan, 100% natural
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## Eggs & Egg Replacers

Egg Replacer	Ener-G Foods		Contains no eggs or animal protein.
Egg Whites	Bob's Red Mill		powdered egg whites – just add water
Just Whites	Deb-El Food Products		Pasteurized, dried egg whites to which you add water, and use as fresh whites.
No Egg Natural Egg Replacer	Orgran		7-ounce packages – box of 8

## Fruit

California Raisins	Sun-Maid	Any	Mini snack boxes. Watch for possible phenol reactions; our son rejects regular raisins, but loves eating raisins from the small red boxes – packaging makes the difference here.
Craisins	Ocean Spray	Any	Sweetened, dried cranberries. Can be found in Any store by the raisins.
Fruit Leather	Trader Joe's		Comes in many flavors, including blackberry, cherry, strawberry, and blueberry
FruitaBu Smooshed Fruit (Fruit Leather)	Stretch Island	Any	Comes in many flavors
Guava Three Flavor Sweet/Hot/Salty dried fruit	Trader Joe's		High in Fiber; Unsulfered. Very strong flavors. I thought my son would love them, but while he will try it, he will not eat unsolicited.
Healthy Harvest unsweetened sauces: Granny Smith Apple, Peach Medley, Summer Strawberry,	Mott's	Any	Packaged in 8 small individual servings). These are wonderful, with no added sugars. Great for lunches

Country Berry, Blueberry Delight			(and worked well for our pill swallowing program.)
Just Fruit Bars – Apple, Apple Blueberry, Apple Raspberry, Apple Cherry	Just Fruit		
Just Pears Fruit Bars	Just Fruit		100% Natural All Fruit Snack Bar; Equivalent to eating 2 fresh pears.
Mango Slices	Trader Joe's		dried, unsulfured, unsweetened
Organic Apple Sauce – Cinnamon, Golden, Cherry, Berry, Apricot, or Mango	Leroux Creek		packaged in four individual servings
Pineapple Tidbits	Trader Joe's		Frozen pineapple pieces in freezer section – bag
Raisins	Dole	Any	
Tropical Fruit Mix	SunRidge Farms	Any	No Sulphur Dioxide added. Healthfood section

## Juice

Banana Pineapple Nectar	Kern's	Any	Made from concentrate. Can be found in Any store by the juices – comes in small cans. We use it in Lisa Lewis' Pineapple Velvet cake recipe – yummy!
Frozen Pineapple/Orange Juice Concentrate	Dole	Any	
Fruit 2 Day	Fruit2Day		
Kiwi Strawberry	Snapple	Any	Glass bottle – non-refrigerated until after opening. Does contain high-fructose corn syrup. We stay away from it now, but was a way to get supplements in early on.

Lemonade	R.W. Knudsen		Packaged in three 8-oz juice boxes
Low Calorie, Sugar Free; Abundant in calcium and rich in vitamin C.	Kirkman Labs		Low Calorie, Sugar Free; Abundant in calcium and rich in vitamin C.
Mango Nectar, Mountain Raspberry	Mountain Sun		Glass bottle – non-refrigerated until after opening
Orange	Tropicana	Any	Fortified w/ Calcium; No Pulp
Orange Carrot	Walnut Acres		Plastic bottle – non-refrigerated until after opening
Orange Juice	Sunkist	Any	100% pure Orange Juice from concentrate – We dilute 5 parts water to one part juice.
Papaya, Passion Fruit, Peach, Pear, Secrets of the Valley, Strawberry, Mango, Hanepoot Grape, Cranberry & Kiwi, Apricot, Dew of the Dawn, Medley of Fruit, Youngberry	Ceres	Any	Packaged in 1-litre cardboard cartons, non-refrigerated (until after opening)
Snapple Juices	Snapple	Any	
Veggie-Fruit Juices	Vruit		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. Several flavors available: Apple Carrot, Orange Veggie, Berry Veggie, Tropical Blend

## Grains & Seeds

Flaxseed	Bob's Red Mill		natural raw whole flaxseed; provides fiber, lignans & Omega-3 Fats
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Millet, Hulled	Bob's Red Mill		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
Quinoa – Whole Grain	Bob's Red Mill		High source of fiber
Teff – Whole Grain	Bob's Red Mill		

## Ice Cream, Sorbet, Cones

Ice Cream Cones	Glutano		
Purely Decadent Coconut Milk Ice Cream	Turtle Mountain		Dairy free/lactose free, sweetened with agave, gluten free, contains no soy protein, cholesterol free, no trans fats, certified vegan, certified made with organic ingredients
Sorbet – chocolate, coconut, lemon, mango, marion blackberry, rainbow, raspberry	Double Rainbow		100% Fat Free
Sorbet	Sharon's		Comes in 9 flavors
TEMPT ice cream			Made from Hemp milk and is gluten free, casein free and soy free
Waffle Cones (for ice cream)	Cerrone		
Whole Fruit Sorbet	Dreyer's	Any	Does have a lot of sugar.

## Meats

Bacon	Oscar Mayer	Any	DOES contain nitrites/nitrates though
Bacon	Applegate		NO nitrates/nitrites

	Farms	
Bacon	Niman Ranch	Unsulfered
Beef Hot Dogs	City Butcher	Uncured, no nitrites/nitrates, no MSG, no preservatives. Found in deli section. Our son loves them.
Beef Hot Dogs	Applegate Farms	Uncured – natural – No nitrates, nitrites or antibiotics added
Beefy Veggy Meatballs	NuLife Foods	These great tasting GFCFSF meatballs are filled with a delicious combination of beef and butternut squash
Burger	Sunshine Burger	
Chicken Bologna	Shelton's	Uncured; no nitrates/nitrites added. Found in freezer section – with other packaged meats.
Chicken Hot Dogs	Shelton's	Freezer section; No nitrates/nitrites
Chicken Hot Dogs	Applegate Farms	Freezer or Deli section; No nitrates/nitrites
Chicken Burger Patties	NuLife Foods	Our juicy GFCFSF chicken burgers are made from all-natural chicken breast, lightly seasoned and hand formed.
Chicken Nuggets	NuLife Foods	A crispy, lightly battered all-natural chicken nugget.
Chicken Pancakes	NuLife Foods	Our GFCFS chicken pancakes are made from ground all-natural chicken breast and eggs.
Italian-Style Breaded Chicken Cutlet	NuLife Foods	Our classic Italian-style chicken cutlets are coated in a gluten free bread crumb and seasoned with garlic, ground black pepper, basil leaves and parsley.

Marinated Chicken Breast	NuLife Foods		Tender and delicately flavored all natural chicken breast is a complement to any meal.
Sausage products -All Natural (uncooked) and All Natural Golden Brown (precooked)	Jones Dairy Farm		Gluten free, casein free, soy free, nitrate/nitrite free and MSG free.
Sliced Meats	Boar's Head		
Sliced Meats	Hormel Natural		No nitrites or nitrates
Sliced Meats	Niman Ranch		No hormones
Turkey (Whole)	Empire Kosher		
Turkey (Whole)	Honeysuckle White® All Natural		
Turkey (Whole)	Diestel Family Turkey Ranch		
Turkey Burgers (organic)	Applegate Farms		freezer section
Turkey Burger Patties	Jennie-O	Any	Freezer section. The natural flavorings is fresh rosemary — this product is gf/cf; 7% fat; no added hormones or steroids.
Sliced Turkey	Diestel Family Turkey Ranch		
Turkey Bologna	Shelton's		Found in freezer section – with other packaged meats.

Turkey Hotdogs	Applegate Farms	Uncured – natural – No nitrates, nitrites or antibiotics added. Found in the deli or freezer section. NOTE: Nitrate-free meats CANNOT be re-frozen.
Turkey Franks	Shelton's	Found in freezer section – with other packaged meats. Uncured – No nitrates/nitrites added.
Turkey Snack Sticks	Diestel Family Turkey Ranch	
Turkey Snack Sticks	Wellshire Farms	All natural – no antibiotics – nothing artificial – no preservatives – no nitrates or nitrites – minimally processed.
Turkey Sausage Patties	Shelton's	Found in freezer section – with other packaged meats. Made with free range turkey.

## Meats – Main Dish

Chili – Turkey & Chicken Varieties	Lundberg Family Farms	
Hearty Chicken Chili	NuLife Foods	GFCFSF , our chili is made with all natural ground chicken breast and red kidney beans in a savory, mildly spicy sauce.
Home-Style Shepherd's Pie	NuLife Foods	GFCFSF version of our shepherd's pie is a delicious combination of ground beef, green beans, carrots and corn baked into a casserole with fluffy mashed potatoes.

Turkey Meatloaf	NuLife Foods		Moist, delicious, delicately seasoned GFCFSF turkey meatloaf made with all-natural ground turkey and organic brown rice.
Pasta Fagioli Skillet Meal	Gluten Free Pantry		

## Milk Substitutes & Drink Mixes

Ah!Laska Cocoa Mix	Ah!Laska		Non-Dairy mix – 12-oz can, organic
Almond Breeze	Blue Diamond	Any	This milk is on the sweet side. We use it for our son's cereal and baking. Makes great French Toast (using GF/CF bread). Dip in blend of milk, egg and a little GF vanilla, fry in frying pan, and cut up into fingers for dipping in maple syrup. Does contain Soy.
Better than Milk Rice Beverage Mix	Fuller Life, Inc.		Powdered mix packaged in large cardboard cannister; one cannister makes 8 liquid quarts. 1-800-227-2320
Chocolate DariFree Powdered Milk Alternative	Vance's Foods		Packaged in quart-sized cartons – powder form; 1 carton makes 6 liquid cartons of milk; Non-Dairy Chocolate Milk Powder
Coconut Milk	Thai Kitchen		Thickens when cooked. Good choice for making puddings and custards.
DariFree Powdered Milk Alternative	Vance's Foods		Packaged in quart-sized cartons – powder form; 1 carton makes 6 liquid cartons of milk; Fat-free Non Dairy Milk Alternative.
Rice Milk	Pacific Foods		Non-dairy, enriched with calcium, vitamins A&D; Low fat, plainPackaged

in 1-quart cardboard cartons, non-refrigerated (until after opening)

Rice Dream

Imagine  
Foods

Any

So Delicious Coconut Milk  
Beverage

Turtle  
Mountain

Rich in medium chain fatty acids, excellent source of vitamin B12, formulated for maximum calcium absorption, cholesterol free, no trans fats, certified vegan

## Nuts, Seeds & Dried Fruit

Fruit Snacks

Nabisco

Any

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

SuperFruits Dessert Mix (gelatin)

Hain Pure  
Foods

Several flavors available: Strawberry, Orange, Raspberry, Cherry

Trail Mix – Not Nuts Beach Bash

Enjoy Life  
Natural  
Brands

Nut Free; includes sunflower and pumpkin seeds, several dried fruits

Trail Mix – Not Nuts Mountain  
Mambo

Enjoy Life  
Natural  
Brands

Nut Free; includes sunflower and pumpkin seeds, several dried fruits, chocolate chips

## Nut Butters, Jams, Spreads

Almond Butter

Trader Joe's

Substitution for peanut butter, for peanut-sensitive kids. Similar products can be found at Whole Foods, Mother's Markets or Wild Oats

Cashew Butter

Trader Joe's

Substitution for peanut butter, for

peanut-sensitive kids. Similar products can be found at Whole Foods, Mother's Markets or Wild Oats

Fruit-Eze jam/spread	Fruit-Eze		Prune jam that is helpful for relieving constipation
Hummus	Trader Joe's		Made with garbonzo beans
Organic Peanut Butter	MaraNatha		No added sugar and fillers of traditional store-bought peanut butter. No Salt. Sun-dried 100% organic Valencia peanuts from New Mexico.
Peanut Butter	Peter Pan	Any	Smooth or Crunchy
Peanut Butter	Skippy	Any	Smooth or Crunchy
Strawberry Jam	Trader Joe's		Contains corn syrup

## Oil

Coconut Oil	Omega Nutrition		
Coconut Oil	Spectrum		
Coconut Oil	Tropical Traditions		Expeller-Pressed
Cooking Spray – Pam	Pam	Any	800-PAM4YOU; Butter flavor is NOT GFCF
Garlic Oil	Trader Joe's		
Macadamia Nut Oil	Mac Nut Oil		
Olive Oil Spray	Trader Joe's		
Safflower Oil	Spectrum	Any	16 oz. Glass bottle – found in specialty health foods section (not in baking section) – High Oleic, pure pressed safflower oil
Safflower Oil	Hollywood	Any	Enriched expeller pressed safflower

oil, high in antioxidant vitamin E

Safflower Oil Margarine	Hain Pure Foods	Any	
Vegetable Shortening	Spectrum Naturals		Comes in a 42-ounce tub; Organic.

## Pancake/Waffle Mix

Buckwheat Pancake & Waffle Mix	Bob's Red Mill		
Pancake/Waffle Mix	Namaste Foods		
Pancake & Waffle Mix	Cherrybrook Kitchen		Peanut free, egg free, nut free. NOTE: They also make mixes that contain gluten so read labels carefully. The Gluten Free Mixes have a banner across the box: Gluten Free Dreams
Pancake & Waffle Mix	Arrowhead Mills		
Pancake & Baking Mix	Authentic Foods		Made with garfava flour and brown rice flour
Pancake & Baking Mix	Arrowhead Mills		
Pancake & Waffle Mix	Kinnikinnick Foods		
Pancake Mix	Bob's Red Mill		
Pancake Mix	Kirkman Labs		Sugar-free; Calcium rich including Vitamin E, Magnesium and Zinc added

## Potato & Falafel Mix

Falafel Mix	Authentic Foods	Traditional Middle Eastern mix of flours and spices, used for breading and baking.
Potato Mix	Ener-G Foods	Has several recipes on back – substitute GF/CF ingredients as needed for pancakes, bread, cake and cookies
Potato Pancake Mix	Manischewitz	6-oz. box makes 18-24 pancakes.

## Protein

Egg Protein Powder	Jay Robb Enterprises	Vanilla or Chocolate Flavored
Pea Protein Powder	Kirkman Labs	A protein isolate from pea kernels. The powder has no taste nor smell. Mixes well in juice. 2-lb. Cannister — comes with several recipes. 2-lb. Cannister — comes with several recipes.
Rice Protein Powder – plain, vanilla, chocolate, or mixed berry	Nutribiotic	Comes in 21 oz. or 3 lb. tub; Enzymatically processed whole grain brown rice protein

## Soup

Black Bean & Vegetable Soup	Amy's	Any
Boullion – Vegetable or Beef (WAS CHICKEN BOUILLON)	CelifibR	
Broth – chicken, beef, and vegetable	Trader Joe's	
Butternut Squash Soup	Amy's	

Chicken Rice Soup	Health Valley		A Hearty Chicken soup with Rice & Vegetables
Chunky Vegetable Soup	Amy's		
Lentil Soup	Amy's		High in protein and fiber
Lentil Vegetable Soup	Amy's		Vegetables include green beans, tomatoes and spinach.
Organic Vegetable Broth	Imagine		We use this to make a yummy meatball and rice soup with carrots.
Southwestern Vegetable Soup	Amy's		Organic, fire roast southwestern vegetable soup
Split Pea Soup	Amy's		

## Starch

Cauliflower Mashed Potatoes	NuLife Foods		Fluffy, "buttery" tasting GFCFSF mashed potato/cauliflower blend.
Corn Spaghetti	Mrs. Leeper's		
Corn-Quinoa Pasta Shells	Ancient Harvest		
French Fries	Cascadian Farms		
Frozen Curry Rice, Frozen Organic Rice	Trader Joe's		
Instant Rice Noodles – Spring Onion, Garlic & Vegetable, Roasted Garlic, Lemongrass & Chili, Mushroom	Thai Kitchen	Any	Try adding beaten egg to water during last minute of cooking; also can add veggies and meats to make a more hearty meal. Packaged like Top Ramen in packet, or in strofoam bowl.
Jasmine Rice, Rice Pilaf, Rice Trilogy, Spanish Rice	Trader Joe's		

Julienne Fries	Alexia		
Lentil Bean Pasta	Papadini		High in protein and fiber
Linguine White Rice Pasta	Scotti		Dry pasta: linguine, rigatini
Macaroni	Glutano		
Organic Tater Bites	Wild Oats		
Pasta	Deboles	Any	Angel hair, corn elbow, fettucine, lasagna, penne, spirals
Pasta	Dr. Schar		Fusili, penne, rigati, spaghetti
Pasta	Glutano		Animal-shaped, spaghetti, spirals
Pasta	Lundberg Family Farms	Any	
Pasta	Tinkyada		Spaghetti, fettucini, spirals, penne, elbow, lasagna, spinach spaghetti
Pasta Pisavera Pasta Meal	Namaste Foods		Multi-coloredveggie pasta spirals. Free of potato, corn, soy, tree nuts and peanuts
Penne and Chreese (Macaroni and cheese substitute)	Vermont Organic Processor		Our son did not like this, but may be worth a try. Is definitely not the same as Kraft's mac and cheese though.
Penne Pasta	Bi-Aglut		Rice & Corn pasta from Italy
Potato Flakes for Mashed Potatoes	Barbara's Bakery		We add them to food processor with cereal when making crumb mixture for nuggets
Potato Pancakes	NuLife Foods		A golden crispy potato pancake, made GFCFSF.
Potato Starch	Authentic Foods		
Say Cheez Pasta Meal	Namaste Foods		Free of potato, corn, soy, tree nuts and peanuts

Taco Shells Pasta Meal	Namaste Foods	Shell shaped mexican pasta blend. Free of potato, corn, soy, tree nuts and peanuts
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## Sweetener

Brown Sugar	C&H	Any
Date Sugar	Aunt Patty's	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.
Honey	Sue Bee	Any
Honey Crystals	Aunt Patty's	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. 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.
Maple Sugar	Authentic Foods	Made from pure natural maple syrup. Use as an alternative to refined white sugar.
Maple Sugar	Authentic Foods	
Maple Syrup	Trader Joe's	Ensure syrup is pure maple. This is a good sugar substitute in baking.
No Sugar Sugar Substitute	Kirkman Labs	Contains Sucralose
Pure Clover Honey	Trader Joe's	Mix any measurement, equal parts: 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.

## Sweets

Chocolate Dinosaurs	Chocolate Decadence	They do have many other GF/CF chocolate treats too.
Chocolate Dipped Bananas	Trader Joe's	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.
Cinnamon Coffee Cake	SCD Bakery	GF/CF yet SCD friendly too
Fruit Bars – Lime or Strawberry Juice (frozen)	Trader Joe's	Lime or Strawberry Juice Fruit bars (frozen).
Holiday-themed treats – Seasonal	SCD Bakery	Varies by season, including Christmas cookies, Halloween candies, Valentine's Treats, etc. GF/CF yet SCD-friendly too
Marshmallows	Elyon	Pareve. Makes good "Rice Crispy" Treats with GF/CF Rice cereal.
Strawberry Jelly Roll Cake	SCD Bakery	GF/CF yet SCD friendly too

## Vinegar

Apple Cider Vinegar, Balsamic Vinegar, Red Wine Vinegar	Heinz	Any
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Vinegar	Any	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 gf/cf. 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 cannot tolerate distilled vinegar.
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## Waffles

Banana Waffles	Trader Joe's	
Buckwheat waffles	Nature's Path	
Cinnamon French Toast	NuLife Foods	Our gluten free and soy free French Toast is fluffy and delicious, with hints of vanilla and cinnamon.
Waffles	Vans	Van's makes several kinds of waffles. Ensure they are marked wheat-free and dairy-free. Van's makes several kinds of waffles. Ensure they are marked wheat-free and dairy-free.

## Yogurt

So Delicious Coconut Yogurt	Turtle Mountain	Rich in medium chain fatty acids, excellent source of vitamin B12, vegetarian friendly), formulated for maximum calcium absorption, contains
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pre- and probiotics for enhanced intestinal health, cholesterol free, no trans fats, certified vegan

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