



**LIST OF SPECIALTY FOODS AND COMPANIES THAT ARE EITHER  
VEGAN, KOSHER, AND FREE OF WHEAT, GLUTEN, SUGAR, DAIRY,  
YEAST, CHOLESTEROL, SODIUM, AND FAT**

**HOLGRAIN-** CRACKERS, BREAD CRUMB  
FREE OF GLUTEN AND WHEAT

**KITCHEN OF INDIA ENTRÉE-** GLUTEN FREE

**MARYS GONE CRACKERS-** FREE OF GLUTEN AND WHEAT

**ENJOY LIFE GRANOLAS-** FREE OF ALLERGEN AND GLUTEN

**ORGRAN**

BUCKWHEAT PANCAKE MIX, ALL-PURPOSE BREAD CRUMBS, FALAFEL MIX  
FREE OF GLUTEN, WHEAT, SUGAR, YEAST, AND DAIRY

**LUNBERG RICE CAKES-** FREE OF GLUTEN AND WHEAT

**REAL FOOD CORN THINS-** GLUTEN-FREE

**FOOD FOR LIFE-** BREADS (MILLET, RICE PECAN, RICE ALMOND, BROWN RICE)  
GLUTEN AND WHEAT FREE  
CEREALS- YEAST FREE

**EREWON CEREALS-** FREE OF GLUTEN, WHEAT AND FAT

**MORI-NU PUDDING-** DAIRY FREE AND VEGAN

**SUSIES PUFFED RICE CAKES-** FREE OF FAT AND GLUTEN

**LITTLE STREAM-** BREADS (QUINOA, BROWN RICE) FREE GLUTEN AND WHEAT

**PAMELAS**

COOKIES, PANCAKE AND BROWNIE MIXES  
FREE OF GLUTEN AND WHEAT

**ARROWHEAD MILLS**

BROWNIES MIX, CHOCOLATE CHIP MIX, FLOURS (MILLET, BUCKWHEAT, CORNMEAL, BROWN RICE), RICE AND SHINE CEREAL- FREE OF GLUTEN AND WHEAT

MAPLE BUCKWHEAT CEREAL- GLUTEN FREE

RYE FLOUR- WHEAT FREE

7 GRAIN CEREALS- WHEAT FREE

PUFFED CEREALS- SODIUM FREE

**NANA'S COOKIES-** FREE OF WHEAT, GLUTEN AND SUGAR

**EDWARD AND SONS BROWNRICE SNAPS-** FREE OF GLUTEN, AND SODIUM

**SAN J- BROWN RICE CRACKERS-** WHEAT FREE

**DEBOLES RICE PASTAS-** FREE OF GLUTEN AND WHEAT

**NUTRITION KITCHEN PASTAS-** FREE OF GLUTEN AND WHEAT

**POCONOS BUCKWHEAT HOT CEREALS-** FREE OF GLUTEN, AND WHEAT

**NATURES PATH CEREALS**

MESA, CORN, CRISPY RICE, HONEY CORN FLAKES, CORN FLAKES-LOW SODIUM, FREE OF WHEAT AND GLUTEN

MILLET RICE CEREAL-LOW SODIUM AND SALT, WHEAT FREE

**ANCIENT HARVEST**

QUINOA FLOUR, PASTAS, QUINOA GRAINS, QUINOA FLAKES  
FREE OF GLUTEN AND WHEAT

**ORGANIC GOURNET VEGETABLE BOUILLON-** VEGAN AND GLUTEN FREE

**LARA BARS-** FREE OF GLUTEN, SOY AND DAIRY, KOSHER

**GO RAW FLAX BARS-** FREE OF SUGAR, FLOUR AND WHEAT

**ALTERNATIVE BAKING COOKIES-** VEGAN AND FREE OF WHEAT, AND DAIRY

**SMART TREATS COOKIES-** VEGAN, AND FREE OF WHEAT AND DAIRY

**PRANA BARS-** FREE OF GLUTEN, DAIRY AND SOY, AND VEGAN

**PERKYS CEREALS-** FREE OF GLUTEN AND WHEAT

**BOBS**

HOT CEREALS (MIGHTY TASTY)

FLOURS (ALL PURPOSE, SORGHUM, FAVA, GARBANZO AND BREAD MIX) FREE OF GLUTEN AND WHEAT

**SHILOH FARMS TEFF FLOUR-** GLUTEN FREE

**CHERRYBROOK KITCHEN PANCAKE MIX-** FREE OF DAIRY AND NUT

**REDMOND'S ALMOND BUTTER-** PEANUT FREE

**RAW REVOLUTION LIVE FOOD BARS-** FREE OF WHEAT AND DAIRY

**FRANKLY NATURAL COOKIES-** VEGAN AND WHEAT FREE

**TINYADA PASTAS-** KOSHER, FREE OF WHEAT AND GLUTEN

**BARBARA'S GRANOLA BARS-** WHEAT FRE AND LOW SODIUM

**BLUE DIAMOND COOKIES-** FREE OF WHEAT AND GLUTIN

**MEXI SNACKS TORTILLA-** FREE OF WHEAT AND GLUTIN

**RUDOLPHS BREAD-** FREE OF WHEAT AND YEAST

**VAN'S WAFFLES-** VEGAN, FREE OF WHEAT, AND DAIRY

**NATURES PATH WAFFLES-** GLUTEN FREE

**HEALTHY HEMP TORTILLAS-**FREE OF WHEAT AND GLUTEN

**SUNSHINE BURGERS-** VEGAN, AND FREE OF SOY AND GLUTEN

**AMYS FROZEN ENTREES**

SHEPHERDS PIE- NON DAIRY, GLUTEN FREE

THE STIR FRY- GLUTEN FREE

ENCHILADAS- GLUTEN FREE

GARDEN LASAGNA- GLUTEN FREE

PIZZAS- NON DAIRY, GLUTEN FREE

**ORGANICVILLE DRESSINGS-**GLUTEN FREE

**ARTISANA NUT BUTTERS-** FREE OF PEANUT AND GLUTEN

**EAT GOOD SOY NUT BUTTER-** FREE OF PEANUT, DAIRY AND GLUTEN

**PREMIER HOISIN SAUCE-** VEGAN AND WHEAT FREE

**GABBY'S GRANOLAS-** VEGAN AND WHEAT FREE

**GRAINS THAT ARE CONSIDERED GLUTEN-FREE**

CORN

AMARANTH

BUCKWHEAT (THIS IS NOT AWHEAT)

TEFF

KASHI

MILLET

RICE-ALSO NON -ALLERGENIC (WILD RICE, BASMATI, BLACK AND RED RICE, BROWN RICE, ARBORIO, LONG GRAIN, JASMINE, JAPONICA)

QUINOA

HATO MUGI (JOBS TEAR)  
HOMINY (YELLOW OR WHITE CORN KERNELS)  
KASHA  
MILLET  
RISOTTO  
RICE COUSCOUS

**FLOURS THAT ARE CONSIDERED GLUTEN-FREE**

CHICKPEA  
CORN (MAIZE, MASA)  
CORNMEAL (COARSE GRADE OF MILLED CORN FLOUR)  
CORN STARCH  
TARO (EDDO, DASHEEN)  
TAPIOCA  
GRAM (BESAN)/CHICKPEA  
KUZU  
SORGHUM  
POTATO  
POTATO STARCH  
ARROWROOT  
ARTICHOKE  
BROWN RICE  
BUCKWHEAT  
CASSAVA (YUCA, TAPIOCA, MANIOC)  
FAVA  
RICE  
ALMOND

**SEEDS, NUTS, LEGUMES AND MISCELLANEOUS PRODUCTS THAT ARE CONSIDERED GLUTEN FREE**

CHESTNUT  
CHICKPEA  
SPLIT PEA  
FAVA  
FLAXSEED  
PEANUT  
LEGUMES (SOYA, LENTIL, CHANNA, PEANUT)  
ALMOND  
ACORN NUT  
RICE BRAN  
RICE BRAN OIL  
SAFFRON  
SESAME (WHITE, BLACK, BROWN)  
STARCH  
SUNFLOWER SEEDS  
SWEET POTATO  
CANOLA  
CASSAVA (YUCA)  
POPCORN