

Subject: Mainstream Brands That List ALL Gluten

Source:email by Suzanne Rampton [rampton@EARTHLINK.NET](mailto:rampton@EARTHLINK.NET) posted on Celiac listserv 12/15/06

Blue Bunny: per call on 12/12/06, any gluten would be listed among ingredients

ConAgra: All gluten is included on label ingredients, per phone call with customer service on 12/13/06.

CONAGRA BRANDS INCLUDE:

ACT II	Hunt's, Snack Pack	Parkay
Banquet	Jiffy Pop	Patio
Blue Bonnet	Kid Cuisine	Peter Pan
Brown 'N Serve	Knott's Berry Farm	Reddi-wip
Chef Boyardee	La Choy	Ro Tel
DAVID	Libby's	Rosarita
Dennison's	Manwich	Slim Jim
Egg Beaters	Marie Callender's	Squeeze 'N Go
Fleischmann's	Move Over Butter	Swiss Miss
Gulden's	Orville Redenbacher's	Van Camp's
Healthy Choice	PAM	Wesson
Hebrew National		

Edy's: Gluten is listed on labels, in addition you can also look up all the flavors on the Edy's website, and they will say whether each is GF or not.

General Mills: Their brands list all gluten ingredients, per phone call on 12/12/06.

GENERAL MILLS BRANDS:

Betty Crocker	Häagen-Dazs	Pillsbury
Bugles	Hamburger Helper	Pop Secret
Cascadian Farm	Muir Glen	Progresso
Gold Medal	Nature Valley	Yoplait/Colombo
Green Giant	Old El Paso	(possibly more)

Hain-Celestial: Disclosure of all gluten ingredients, confirmed by phone with customer service on 12/13/06.

HAIN-CELESTRIAL BRANDS:

Alba	Grains Noirs	Soy Dream
Arrowhead Mill	Hain Pure Foods	Spectrum Naturals
Celestial Seasonings	Health Valley	Spectrum Essentials
DeBoles	Hollywood	Terra Chips
Earth's Best	Imagine Foods	Walnut Acres
Ethnic Gourmet	Lima	WestSoyOrganic
FreeBird	Rice Dream	Yves Veggie Cuisine)
Garden of Eatin'	Rosetto	

Kozy Shack: All GF Kozy Shack products are marked "gluten free."

Kraft: All brands list gluten, full disclosure statement available on website.

KRAFT BRANDS:

A. 1. Athenos, Back to Nature Baker's Balance CarbWell Boca Breakstone's Bull's-Eye Calumet Capri Sun Cheez Whiz Claussen Pickles Cool Whip Corn Nuts Country Time	Cracker Barrel(packaged goods) Crystal Light DiGiorno Dream Whip General Foods International coffees Good Seasons Grey Poupon Jell-O Knudsen Kool-Aid Light n' Lively Louis Rich Lunchables Nabisco Nutter Butter	Oscar Mayer Philadelphia Cream Cheese Planters Post Seattle's Best Coffee Seven Seas Shake 'n Bake SnackWell's South Beach Diet Starbucks Tang Taco Bell Toblerone Velveeta, Veryfine
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McCormick: Confirmed by phone 12/13/06, Jennie in customer service: All McCormick products list any gluten on the ingredient labels. This includes Old Bay (which is gluten free) and also Zatarain's seasonings.

Nestlé: "For several years now Nestlé has been following a strict labeling policy with regard to any of the 'Big Eight' allergens in our foods and incoming ingredients. We have insisted that our suppliers notify us if gluten is used in any of their ingredients and yet is not declared on their labeling. Thus, we believe that we have uncovered any potential uses of gluten containing ingredients. Therefore, any Nestlé products will be fully labeled for any presence of gluten or gluten containing ingredients." (Received by e-mail 12/12/06)

NESTLE BRANDS:

Arrowhead Buitoni Butterfinger Carnation Coffee-Mate Crunch Deer Park Gloria	Ice Mountain Juicy Juice Lean Cuisine Libby's Pumpkin Maggi Nestea Nescafé Nesquik	Perrier San Pellegrino Smarties Stouffer's Taster's Choice Vittel (plus others)
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Newman's Own: (NOT to be confused with Newman's Own ORGANICS, which is possibly problematic -- see below) Newman's Own no longer publishes a statement on their website about listing gluten on the label, but they have a long-standing policy of doing this. They publish a list of no-gluten foods at: <http://www.newmansown.com/faqs.cfm#q5> -- but these can also be determined by reading the label.)

[ Separate from the Newman's Own basic product line is the Newman's Own Organic product line -- purchase at your own risk, though at least they are up-front about it:

"Some of our (Newman's Own Organic) gluten free products include our: Chocolate Bars except Crisp Rice, Chocolate Cups, and No Salt/No Butter Pop's Corn, Olive Oil, and Our Balsamic Vinegar. Note: All of these items are manufactured on equipment that processes products containing gluten. There could be trace amounts of egg, milk powder, peanuts, tree nuts, gluten, and soy in any of our items. Our Wheat-Free/Dairy-Free items do have a type of gluten known as glutenin and gliadin, which is found in barley flour."

Ortega: Per e-mail from company on 12/13/06, all gluten is listed on label.

Sara Lee: (Sara Lee brands list all gluten. Have confirmed this twice in recent months, once when calling Bryan meats and also with Ball Park)

SARA LEE BRANDS:

Ball Park Best's Kosher Bryan Colonial Deli d'Italia Deli Perfect Earth Grains Emeril	Galileo Gallo Salame Hillshire Farm IronKids Jimmy Dean Kahn's Kir Mr. Turkey	Rainbo Sara Lee R.B. Rice Rudy's Farm State Fair West Virginia Brand Zwan Zwancito
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Smart Balance: Smart Balance products are all clearly labeled as GF if they are free of gluten ingredients.

Sunny Delight: Per the web site, all SunnyD products are gluten free.

T Marzetti: They list all gluten ingredients.  
From the web site: "If gluten or a gluten-containing ingredient is used in a formula, it is our practice to declare this on our ingredient listing. However, we cannot certify our products as gluten free for use by celiac sprue patients, and therefore make no claims to that effect."

Trader Joe's: (TJ's own brands only) From their gluten-free foods downloadable document: " 'Natural flavors' and 'spice' listings in our private label products are gluten free." I also like that TJ's goes out of their way to note if a product is manufactured on shared equipment with wheat products.

Tyson: Lists all gluten; confirmed by e-mail 12/13/06

Unilever: Per a phone call to Unilever on 12/12/06, with Barbara in Consumer Relations, all gluten is declared on the ingredients label.

UNILEVER BRANDS:

Ben & Jerry's Bertolli Breyers Country Crock Hellmann's	Knorr Lawry's Lipton Popsicle Promise	Skippy Slim-Fast Snuggle Wishbone
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