

GLUTEN-FREE/ DAIRY-FREE DIET

Hard Munchables

Stretch Island Fruit "100% Fruit Snack"
Sunsweet "California Sun-Dried Apricots"
Allan "Sour Patch Kids"

Meltable Hard Solids

Robert's American Gourmet "Veggie Booty"
Glenny's "Soy Veggie Snack" - Organic
Genisoy "Soy Crisps"
Bearitos "Cinnamon Churros"
Wild Oats "Organic Apple Snacks"
Whole Food Market "Veggie Chips"
Eden "Brown Rice Chips"
Good Health "Shoestring Potato Sticks"
S & W "Pik-Nik Original Shoestring Potatoes"
Envirokidz "Peanut butter Panda Puffs"
Osem "Bamba Snacks"
Deep "Papadi"

Soft Cubes

Kuner's "Pinto beans"
S & W "White Beans"
Cub Foods "Light Red Kidney Beans"
Van Camp's "Beanee Weenee"
Sea Point Farms "Organic Edamame" - Soybeans in pods
Libby's "Chicken Vienna Sausage"
Oscar Mayer "Braunschweiger"
Delmonte "Pear Cup" - diced pears in heavy syrup
Delmonte "Fruit To Go" Mandarin Orange Burst
Dole "Fruit Bowls" Pineapple Tidbits in juice

Soft Mechanicals (single texture)

China Bowl Select "Rice Sticks"
Papadani "Hi-Protein Lentil Bean Pasta"
Lundberg "Organic Brown Rice pasta"
Starkist "Chunk Light Tuna" in water
Underwood "Deviled Ham Spread"
EnerG "White Rice Loaf"
Waffle Heaven "Wheat-Free, Gluten-Free Waffles"
Tyson "Time Trimmers" Southwest Seasoned Chicken strips
Oscar Mayer "Bologna"
Soymage "Vegan Singles" - American flavor
Gerber Graduates for Toddlers "Fruit Juice Snacks"

Soft Mechanicals (mixed texture)

Fantastic "Five Bean Soup"
Nile "Lentil Soup"
Nile Spice "Split Pea Soup"
Nile Spice "Red Bean & Rice Soup"
Nile Spice "Black Bean Soup"

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Hard Mechanicals

Hain Pure Foods "Mini Munchies" - mini rice cakes
Hain pure Foods "organic 100% Popped Corn" - Caramel
Weight-Wise "Rice Cakes" - plain, unsalted
Terra "Red Bliss Chips"
Terra "Spiced Sweet Potato Chips"
Terra "Potpourri Chips"
Terra "Taro Chips"
Terra "Stix"
Maneschewitz "Potato Chips"
Boondi
Nature's Hilights "Rice Sticks" Lite-n-Krispy
Robert's American Gourmet "Spirulina Spirals"
Health Valley "Original Rice Bran Crackers"
Bearito's "Tostada Shells"
Hol-Grain Crackers "Brown Rice with Sesame Seeds"
Good Sense "Gummi Sour Britecrawlers"
Jolly Rancher
Nabisco "Corn Nuts"
Jennie-O "Breakfast Lover's Turkey Sausage"
Farmland "Hickory Smoked Bacon"
Hormel "turkey Pepperoni"
Cub Foods "Hard Salami"
Sunbelt "Fruit Jammers"
Brach's "Hi-C Fruit Snacks"

Purees

So Coconut yogurt
Imagine "Banana Pudding"
Imagine "Chocolate Pudding"
Mrs. Butterworth's "Original Syrup"
Smucker's "Red Raspberry Syrup"
Kettle "Sunflower Butter"
Kettle "Almond Butter"
Mott's "Fruitsations" - cherry applesauce
Musselman's "Fruit 'N sauce" - lemon lime kiwi
Whole Soy "Creamy Cultured Soy Yogurt" red raspberry/plain
Cedar's "Roasted Garlic & Chive Hummus"
Nestle "Nesquik Chocolate Syrup"
Parkay "Squeeze Margarine"
Hunt's "Ketchup"
Contadina "Pizza Squeeze pizza Sauce"
Nabisco "Easy Cheese" American
Nabisco "Easy Cheese" Cheddar
Jet Puffed "Marshmallow Creme"

Liquids

Safeway "White Grape Juice" from Concentrate
American Soy Products, Inc. "Vruit" - Tropical Blend
American Soy Products, Inc. "Vruit" - Orange Veggie Blend
American Soy Products, Inc. "Vruit" - Berry Veggie Blend□