

## GLUTEN-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"  
Crystal Farms "Cheezoids" String Cheese  
Crystal Farms "Cheezoids" Marble Jack Cheese  
Crystal Farms "Swiss Pasteurized Cheese Food"  
Kraft "Singles" American Pasteurized Process'd Cheese Food

### **Soft Mechanicals (mixed texture)**

Fantastic "Five Bean Soup"  
Fantastic "Ready, Set Pasta!"  
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"  
Boondi  
Nature's Highlights "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  
Swiss Miss "Pudding"  
Hunts "snack Pack Pudding Pies"  
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 Puff "Marshmallow Creme"

### **Liquids**

Safeway Foods "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□