

We understand how difficult it can be to maintain a gluten free diet and we want to help. We are providing this list of Giant gluten free products to make your shopping a bit easier. We compiled this list based on information provided to us by the product manufacturers. While we worked with our suppliers to confirm the information they provided and have no reason to believe it is inaccurate or incomplete in any manner whatsoever, please be advised that Giant did not independently verify the gluten status of such products. Accordingly, your use of this list must be with the express understanding that Giant will not be held responsible for individual reactions to or any adverse health consequence in connection with any products. Always read the label as ingredient lists may change, thus making our list out of date.

If you have questions, visit our website, [giantfood.com](http://giantfood.com) and click on contact us or call our Foodhold product line at 1-877-846-9949.

*Note: All products in this list are Giant brand products, including Simply enjoy, Nature's Promise, Sunrise Valley, MiCasa, and Guaranteed Value (GV).*

Pink Lemonade Drink Mix  
Strawberry Drink Mix  
Sugar Free Drink Mix (fruit punch, iced tea, lemon lime, lemonade)  
Tropical Punch Drink Mix

## **Beverages**

### *Chilled*

Grapefruit Juice  
Orange Cranberry Juice  
Orange Juice (added calcium, with pulp, from concentrate, not concentrate)  
Orange Strawberry Juice  
Premium Ruby Red Grapefruit Juice- Not from concentrate

### *Frozen*

Frozen Concentrate 100% Grape Juice  
Frozen Concentrate Cranberry Cocktail  
Frozen Concentrate Grape Cocktail  
Frozen Concentrate Lemonade  
Frozen Concentrate Limeade  
Frozen Concentrate Orange Juice  
Frozen Concentrate Pink Lemonade  
Frozen Concentrate White Grape Cocktail  
Frozen Concentrate Wildberry Punch  
Fruit Punch (green, red)

### *Shelf Stable*

#### *Powdered Drink Mixes*

Cherry Drink Mix  
Grape Drink Mix  
Hot Cocoa (mini marshmallows, regular)  
Iced Tea Mix  
Instant Nonfat Dry Milk  
Lemonade Drink Mix  
Orange Drink Mix

### *Ready to Drink-Shelf Stable*

100% Natural Sparkling Apple Juice  
Apple Juice Cocktail from Concentrate  
Berry Berry Cooler  
Big Apple Cooler  
Cosmic Orange Cooler  
Fruit Punch Juice Drink  
Fruity Punch Cooler  
Goofy Grape Cooler  
Kids Happy Drinks  
Nature's Promise Organic Fair Trade Green Tea (regular, decaf, lemon)  
Nature's Promise Pomegranate Juice (regular, blueberry blend, cranberry blend)  
Nature's Promise Organic Cranberry Juice from Concentrate  
Prune Juice with Pulp  
Simply Enjoy Cosmopolitan Mixer  
Simply Enjoy Lemon Drop Martini Mixer  
Simply Enjoy Margarita Cocktail Mixer  
Simply Enjoy Mojito Cocktail Mixer  
Simply Enjoy Watermelon Martini Mixer  
Strawberry Kiwi Juice  
Tomato Juice  
Tropical Juice Drink  
Wild Cherry Juice Drink

## **Dairy**

### *Butter/Margarine*

48% Margarine Spread  
Nature's Promise Organic Butter  
Salted Butter Quarters

Unsalted Butter Quarters

## *Cheese*

*Cheeses in this list are packaged cheeses located in the dairy case (not the Cheese Bazaar).*

*Please note that our cheese supplier will not guarantee that ingredients used from outside sources are free from cross-contamination.*

Colby and Monterey Blend- all varieties  
Colby Half Moon Single Slices  
Cottage Cheese Regular, low fat, nonfat (pineapple, no salt added)  
Cream Cheese regular, lite, fat free (whipped, sour cream & chive, garden vegetable, strawberry)  
Fat Free White Cheese Singles  
Feta- all varieties  
Havarti- all varieties  
Horseradish Cheddar Cheese  
Mexican Cheese Blend  
Mild Cheddar- all varieties  
Mild Longhorn Style Cheddar- all varieties  
Monterey Jack- all varieties  
Mozzarella- all varieties  
Muenster- all varieties  
Nature's Promise Organic Cream Cheese  
Neufchatel Cheese  
NY Extra Sharp Cheddar- all varieties  
NY Sharp Cheddar- all varieties  
Parmesan Cheese- all varieties  
Port Wine Cheddar Cheese  
Provolone- all varieties  
Ricotta- all varieties  
Sharp Cheddar- all varieties  
Sharp Cheddar Cold Pack Cheese Food  
String Cheese  
Swiss Cheese- all varieties  
Taco Cheese Blend  
Vermont Sharp Cheddar- all varieties  
Wisconsin Sharp- all varieties

## *Cream*

20% Light Whipping Cream  
Coffee Cream  
Half & Half (regular and fat free)  
Heavy Whipping Cream  
Nondairy Creamer  
Sour Cream (lite, nonfat)  
Sweetened Whipped Light Cream

## *Dips/Spreads*

French Onion Dip  
Ranch Dip  
Refrigerated Veggie Dip

Salsa Dip  
Simply Enjoy Smoked Salmon Dill Sandwich Spread

## *Milk*

1% Buttermilk  
1% Low Fat Chocolate Milk  
Lactose free milk (whole, skim, calcium added)  
Nature's Promise Soymilk (chocolate, plain, vanilla)  
Nature's Promise Organic Milk (fat free, low fat, reduced fat, whole)  
Nature's Promise Ricemilk (plain, vanilla)

## *Yogurt*

*Please note that our yogurt supplier will not guarantee that ingredients used from outside sources are free from cross-contamination.*

Grab'ums Yogurt to Go- (cotton candy/melon, strawberry/blueberry, tropical punch/raspberry)  
Lowfat Blended Blueberry  
Lowfat Blended Cherry  
Lowfat Blended Peach  
Lowfat Blended Raspberry  
Lowfat Blended Strawberry  
Lowfat Blended Strawberry-Banana  
Lowfat Blended Vanilla  
Lowfat Fruit on the Bottom Blueberry  
Lowfat Fruit on the Bottom Boysenberry  
Lowfat Fruit on the Bottom Cherry  
Lowfat Fruit on the Bottom Lemon  
Lowfat Fruit on the Bottom Mixed Berry  
Lowfat Fruit on the Bottom Pineapple  
Lowfat Fruit on the Bottom Raspberry  
Lowfat Fruit on the Bottom Strawberry  
Lowfat Fruit on the Bottom Strawberry/Banana  
Lowfat Plain  
Lowfat Vanilla  
Nonfat Light Banana  
Nonfat Light Blueberry  
Nonfat Light Caramel  
Nonfat Light Cherry Vanilla  
Nonfat Light Cherry  
Nonfat Light Coffee  
Nonfat Light Raspberry  
Nonfat Light Strawberry  
Nonfat Light Strawberry/Banana  
Nonfat Light Vanilla  
Nonfat Plain

## *Other*

100% Egg Whites  
Eggs Made Simple

Refrigerated Chocolate Pudding (regular, fat free)  
Refrigerated Chocolate/Vanilla Pudding (regular, fat free)  
Refrigerated Gelatin Fun Pack  
Refrigerated Rainbow Fruit Gelatin  
Refrigerated Rainbow Parfait  
Refrigerated Sugar Free Gelatin (cherry and black cherry, strawberry)  
Refrigerated Sugar Free Gelatin Fun Pack

## **Frozen**

### *Fruit*

Berry Medley  
Blackberries  
Blueberries  
Dark Sweet Cherries  
Mango  
Mixed Fruit  
Peaches  
Pineapple  
Raspberries (plain, in syrup)  
Sliced Strawberries (plain, with sugar, with artificial sweetener)  
Strawberries

### *Ice Cream/Desserts*

Andes Creme de Methe Ice Cream  
Black Cherry Ice Cream  
Black Raspberry Ice Cream  
Butter Pecan Ice Cream  
Butterscotch Ripple Ice Cream  
Cherry Vanilla Ice Cream  
Chocolate Ice Cream  
Chocolate Ice Cream Cups  
Chocolate Marshmallow Ice Cream  
Citrus Pops  
Coffee Ice Cream  
Frozen Whipped Topping (nondairy, regular, lite, vanilla, fat free)  
Jr Pops  
Lemon Lime Sherbet  
Light Butter Pecan Ice Cream  
Light Vanilla Ice Cream  
Mint Chocolate Chip Ice Cream  
Moose Tracks Ice Cream  
Natural Butter Pecan Ice Cream  
Natural Chocolate Chip Ice Cream  
Natural Chocolate Ice Cream  
Natural Coffee Ice Cream  
Natural French Vanilla Ice Cream  
Natural Mint Chocolate Chip Ice Cream  
Natural Mocha Almond Ice Cream  
Natural Strawberry Ice Cream

Natural Vanilla Bean Ice Cream  
Natural Vanilla Fudge Ripple Ice Cream  
No Sugar Added Fudge Pops  
Orange Cream Bars  
Orange Sherbet  
Peanut Butter Jumble Ice Cream  
Pineapple Sherbet  
Rainbow Sherbet  
Raspberry Sherbet  
Strawberry Ice Cream  
Toffee Crunch Ice Cream  
Twin Pops  
Vanilla Fudge Ice Cream  
Vanilla Ice Cream  
Vanilla Ice Cream Cup

### *Potatoes*

Crinkle Cut French Fries  
Crispy Fries  
Extra Crispy Crinkle Cut Fries  
Hash O' Brien  
Puffs with Onions  
Shoestring Fries  
Shredded Hash Browns  
Southwestern Style Hash Browns  
Steak Fries  
Straight Cut French Fries

### *Vegetables*

Baby Lima Beans  
Broccoli (cuts, chopped, florets)  
Broccoli, Cauliflower, Pepper Mix  
Broccoli, Corn and Red Peppers  
Cauliflower  
Chopped Green Pepper  
Collard Greens  
Corn (on the cob, cut, supersweet on the cob)  
Country Blend  
Fordhook Lima Beans  
Green Beans (french, whole, cut)  
Green Beans and Wax Beans  
Japanese Stir Fry Blend  
Kale (chopped, leaf)  
Latino Blend  
Mixed Vegetables  
Mustard Greens (leaf, chopped)  
Peas and Diced Carrots  
Petite Peas (regular, no salt added)  
Ranchero Blend  
Soup Mix Vegetables  
Spinach (chopped, leaf, whole leaf)  
Stew Vegetables

Stir Fry Vegetables  
Succotash  
Sugar Snap Peas  
Sweet Peas  
Turnip Greens  
Whole Okra  
Zucchini

### *Other*

Nature's Promise Garlic and Cheese Veggie  
Burger  
Nature's Promise Soy Vegetable Burger  
Nature's Promise Vegan Soy Vegetable Burger  
Simply Enjoy Butter Chicken  
Simply Enjoy Pad Thai with Chicken  
Simply Enjoy Tikka Masala  
Spinach, Artichoke & Cheese Dip  
Wings (buffalo, honey BBQ)

## **Grocery**

### *Beans*

Black Beans  
Brown Sugar & Bacon Baked Beans  
Kidney Beans (dark & light red, regular, no  
added salt)  
Organic Black Beans  
Organic Garbanzo Beans  
Organic Light Kidney Beans  
Pink Beans  
Pinto Beans  
Pork & Beans  
Red Beans  
Romano Beans  
Vegetarian Baked Beans

### *Candy*

Assorted Fruit Filled Candy  
Assorted Star Drops  
Assorted Starlights  
Blue Gummi Sharks  
Butter Toffee  
Butterscotch Disks  
Canada Wintergreen  
Candy Corn  
Candy Necklaces  
Cinnamon Starlights  
Circus Peanuts  
Gum Balls  
Gum Drops  
Gummi Bears  
Jelly Beans  
Kiddie Mix  
Lemon Drops  
Neon Sour Crawlers

Orange Slices  
Pastel Mints  
Peach Rings  
Pina Colada Coated Cashews  
Red Ju Ju Coins  
Red Ju Ju Fish  
Root Beer Barrels  
Royal Mix  
Silver Mints  
Smarties  
Soft Peppermints  
Sour Balls  
Sour Gummi Worms  
Spearmint Leaves  
Spearmint Starlights  
Spice Drops  
Starlight Mints  
Strawberry Buds  
Watermelon Hard Candy

### *Simply enjoy Chocolates*

Simply Enjoy Dark Chocolate Amaretto Coated  
Cranberries  
Simply Enjoy Dark Chocolate Cappuccino  
Crunch Bits  
Simply Enjoy Dark Chocolate Caramel Squares  
Simply Enjoy Dark Chocolate Covered Cherries  
Simply Enjoy Dark Chocolate Covered Coffee  
Beans  
Simply Enjoy Dark Chocolate Covered  
Cranberries  
Simply Enjoy Dark Chocolate Covered Kona  
Almond Coffee Beans  
Simply Enjoy Dark Chocolate Covered  
Strawberries  
Simply Enjoy Dark Chocolate Raspberry Sticks  
Simply Enjoy Milk Chocolate Butter Toffee  
Squares  
Simply Enjoy Milk Chocolate Coated Cashews  
Simply Enjoy Milk Chocolate Cocoa Almonds  
Simply Enjoy Milk Chocolate Covered Cashews  
Simply Enjoy Milk Chocolate Covered Cherries  
Simply Enjoy Milk Chocolate Covered Peanuts  
Simply Enjoy Milk Chocolate Covered Raisins  
Simply Enjoy Milk Chocolate Pecan Caramel  
Patties  
Simply Enjoy White Chocolate Coated Coffee  
Nugets  
Simply Enjoy Whole Chocolate Covered  
Raspberries  
Simply Enjoy Yogurt Coated Cranberries

### *Canned Fruit*

Applesauce (chunky, cinnamon, mixed berry,  
natural, strawberry)

Apricots (heavy syrup, island in light syrup)  
Bartlett Pear Halves (heavy syrup, juice, pear juice, light syrup, splenda)  
Blueberry Fruit Filling  
Blueberries in Syrup  
Cherry Pie Filling  
Fruit Cocktail (heavy syrup, pear juice, splenda)  
Fruit Mix in Heavy Syrup  
Lite Cherry Pie Filling  
Peaches (pear juice, heavy syrup, yellow cling)  
Red Tart Pitted Cherries in Water  
Spiced Apple Pie Filling  
Sweet Cherries in Heavy Syrup (dark, light)  
Very Cherry Fruit Mix in Light Syrup  
Whole Plums in Heavy Syrup

### *Jelly/Jam/Preserves*

Apple Butter  
Apple Jelly  
Apricot Preserves  
Apricot Spread  
Blueberry Preserves  
Cherry Preserves  
Concord Grape Jelly  
Currant Jelly  
Grape Preserves  
Mint Jelly  
Nature's Promise Organic Fruit Spread (raspberry, strawberry)  
Nature's Promise Organic Grape Jelly  
Orange Marmalade  
Peach Preserves  
Pineapple Preserves  
Red Raspberry Preserves  
Red Raspberry Spread  
Seedless Blackberry Preserves  
Simply Enjoy Balsamic Sweet Onion Preserves  
Simply Enjoy Blueberry Preserves  
Simply Enjoy Raspberry Champagne Peach Preserves  
Simply Enjoy Red Pepper Jelly  
Simply Enjoy Roasted Garlic and Onion Jam  
Simply Enjoy Spiced Apple Preserves  
Simply Enjoy Strawberry Preserves  
Squeezable Grape Jelly  
Squeezable Strawberry Fruit Spread  
Strawberry Jam  
Strawberry Jelly  
Strawberry Preserves  
Strawberry Spread  
Sugar Free Preserves (apricot, red raspberry, blackberry, strawberry)

### *Mustards*

Creamy Dijon Mustard  
Dijon Mustard  
Honey Mustard  
Old Grainy Mustard  
Raspberry Grainy Mustard  
Tarragon Dijon Mustard  
Yellow Mustard

### *Nut Butters*

Nature's Promise Cashew Butter  
Nature's Promise Organic Almond Butter (smooth, crunchy, unsalted, salted)  
Nature's Promise Organic Peanut Butter (smooth, crunchy, unsalted, salted)  
Peanut Butter (creamy, crunchy, all natural, regular, no added salt, reduced fat)

### *Oil*

Blended Oil  
Canola Oil  
Extra Light Olive Oil  
Grill Spray  
Peanut Oil  
Pure Olive Oil  
Simply Enjoy Regional Extra Virgin Olive Oil (Apulian, Sicilian, Tuscan, Umbrian)  
Simply Enjoy Flavored Extra Virgin Olive Oil (Basil, Garlic, Lemon, Orange, Pepper)  
Soybean Oil

### *Salad Dressing*

Balsamic Vinaigrette  
Blue Cheese  
Caesar  
French (creamy, regular, spicy sweet)  
Italian (creamy, fat free, lite, regular)  
Ranch (regular, lite, fat free)  
Raspberry Vinaigrette (regular, reduced fat)  
Thousand Island

### *Sauces/Salsa*

BBQ Sauce (original, hickory smoke, honey)  
Chili Sauce  
Hot Sauce  
Nature's Promise Organic Pasta Sauce (original, garden vegetable, Parmesan)  
Salsa (mild, medium, hot)  
Seafood Cocktail Sauce  
Simply Enjoy Fra Diavolo Sauce  
Simply Enjoy Marinara Sauce  
Simply Enjoy Roasted Garlic Sauce  
Simply Enjoy Sicilian Eggplant Sauce

Simply Enjoy Tomato Basil Sauce  
Simply Enjoy Vodka Sauce  
Nature's Promise Chipotle Organic Salsa (mild, medium)  
Simply Enjoy Black Bean and Corn Salsa  
Simply Enjoy Peach Mango Salsa  
Simply Enjoy Pineapple Chipotle Salsa  
Simply Enjoy Raspberry Chipotle  
Simply Enjoy Tequila Lime Salsa

### *Snacks*

Build A Bear Fruit Snacks  
Chocolate Fudge Pudding Snack Cups  
Chocolate Pudding (regular, fat free) Snack Cups  
Corn Cakes (caramel, butter, white cheddar)  
Crunchy Cheese Corn Snacks  
Curious George Fruit Snacks  
Dinosaur Fruit Snacks  
Justice League Fruit Snacks  
Microwave Popcorn (94% Fat Free Butter, Butter Flavored (regular, light), Kettle Corn, Movie Theatre Butter Flavored, Natural Light, Sweet & Buttery)  
Nacho Tortilla Chips  
Nature's Promise Soy Crisps (BBQ, ranch)  
Peanuts Fruit Flavored Snacks  
Pistachios  
Plain Potato Chips  
Puff Cheese Corn Snacks  
Rice Cakes (multigrain unsalted, plain unsalted, sour cream & onion)  
Rice Pudding  
Salt and Vinegar Potato Chips  
Sharks Fruit Snacks  
Sour Cream and Onion Chips  
Underwater World Fruit Snacks  
Vanilla Pudding Snack Cups  
Veggie Tales Fruit Snacks  
Wavy Cut Potato Chips  
White Cheddar Popcorn  
White Restaurant Tortilla Chips (regular, rounds)  
Yellow Popcorn

### *Canned Vegetables*

Beets (regular, no salt added)  
Black Eyed Peas  
Carrots  
Chick Peas  
Corn (mexican, whole kernel, cream style, no added salt)  
Cut Sweet Potatoes (regular, light syrup)  
Golden Cut Wax Beans  
Green Beans (french)  
Lima Beans  
Nature's Promise Organic Corn

Nature's Promise Organic Crushed Tomatoes with Basil  
Nature's Promise Organic Cut Green Beans  
Nature's Promise Organic Diced Tomatoes  
Nature's Promise Organic Sweet Peas  
Nature's Promise Organic Tomato Paste  
Nature's Promise Organic Whole Peeled Tomatoes  
Sauerkraut  
Spinach (regular, no salt added)  
Succotash  
Sweet Peas  
Tomato Paste  
Whole Potatoes (regular, no salt added)

### *Other*

Beef Broth  
Beef Flavored Bouillon Cubes (regular, instant)  
Butterscotch Pudding Mix  
Cherry Gelatin Mix  
Chicken Broth  
Chicken Flavored Bouillon Cubes (regular, instant)  
Chocolate Instant Pudding and Pie Filling  
Chocolate Syrup  
Cider Vinegar  
Filet of Mackerel  
Granulated Sugar  
Iodized Salt  
Lemon Pepper Marinade  
Nature's Promise All Natural Beef Broth  
Nature's Promise Organic Chicken Broth  
Nature's Promise Organic Vegetable Broth  
Orange Gelatin Mix  
Para Micasa Adobo (regular, pepper)  
Para Micasa Minced Garlic in Water  
Plain Salt  
Portuguese Sardines  
Premium Chunk Chicken Breast in Water  
Queen Olives (plain, stuffed)  
Raspberry Gelatin Mix  
Red Wine Vinegar  
Relish (sweet, dill)  
Rice (instant white & brown)  
Semi-Sweet Chocolate Chips  
Simply Enjoy Balsamic Vinegar of Modena  
Simply Enjoy White Balsamic Vinegar  
Strawberry Syrup  
Stuffed Manzanilla Olives  
Stuffed Queen Olives  
Sucralose  
Sweet Measure  
Sweet Whole Midgets  
Taco Shells  
Tapioca Pudding Mix

White Distilled Vinegar

## **Meat/Deli**

Cooked Ham- 97% Fat Free

Honey Turkey Breast- 97% Fat Free

Nature's Promise Deli Meats- All Varieties

Nature's Promise fresh meat, pork and poultry

Nature's Promise Italian Spicy Pork Sausage

Nature's Promise Mild Italian Chicken Sausage

Nature's Promise Red Pepper and Provolone  
Pork Sausage

Nature's Promise Spiced Apple Chicken Sausage

Nature's Promise Spinach and Feta Chicken  
Sausage

Nature's Promise Sun Dried Tomato and Basil  
Chicken Sausage

Oven Roasted Turkey Breast- 97% Fat Free

Sliced Bacon (regular, thick sliced)

Smoked Turkey Breast

## **Produce**

Nature's Promise Broccoli and Carrots

Nature's Promise Broccoli Florets

Nature's Promise Broccoli Slaw

Nature's Promise Organic Arugula

Nature's Promise Organic Asian Salad

Nature's Promise Organic Baby Spinach

Nature's Promise Organic Heart of Romaine

Nature's Promise Organic Herb Salad

Nature's Promise Organic Italian Salad

Nature's Promise Organic Spring Mix

Nature's Promise Vegetable Medley

Simply Enjoy Fruit Medley

Tofu (firm & extra firm)

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