



Special Diet Guide

--- Guide for Shoppers interested in Special Diet items at Downtown Grocery!

Revised 10/25/2009

We've read all of our product labels, then listed items that are one of the following:

AF --- Allergen Free	NAP --- No Animal Product
AluF --- Aluminum Free	NF --- Nut Free
BF --- Barley Free	NG --- No GMO's
CF --- Casein Free	NRS --- No Refined Sugars
ChF --- No Cholesterol	PF --- Peanut Free
CoF --- Corn Free	PoF --- Potato Free
DF --- Dairy Free	SaF --- Salt Free
EG --- Egg Free	SF --- Soy Free
GF --- Gluten Free	V --- Vegan
K --- Kosher	Vg --- Vegetarian
LF --- Lactose Free	ViF --- Vinegar Free
LG --- Low Glycemic	WF --- Wheat Free
LoF --- Low Fat	YF --- Yeast Free
M --- Macrobiotic	* Available in Many Flavors
MF --- Meat Free	

Baking, Flours, Mixes, Extracts

1. Arrowhead Mills Blue Corn Meal GF WF
2. Bob's Almond Meal Flour GF
3. Bob's Amaranth Grain GF
4. Bob's Brown Rice Flour GF
5. Bob's Chocolate Chip Cookie Mix GF
6. Bob's Coconut Flour GF K
7. Bob's Garbanzo Bean Flour GF
8. Bob's Garbanzo-Fava Flour DF GF WF
9. Bob's Golden Flaxseed GF
10. Bob's Golden Flaxseed Meal GF
11. Bob's Pancake Mix DF GF WF
12. Bob's Potato Flour GF
13. Bob's Red Mill Mighty Tasty Hot Cereal GF
14. Bob's Tapioca Flour GF
15. Bob's Teff Whole Grain Flour GF
16. Bob's Textured Vegetable Protein GF
17. Bob's White Sorghum Flour DF GF WF
18. Bob's Wonderful Bread Mix DF GF WF
19. Chebe All-Purpose Mix AF DF GF YF
20. Chebe Bread Sticks AF DF GF YF
21. Chebe Cinnamon Rolls AF DF GF YF
22. Clabber Girl Baking Powder AluF PF
23. Ener-G Egg Replacer GF NF WF
24. Fearn Brown Rice Baking Mix GF WF
25. Flavororganics Extracts Many Flavors GF NG
26. Frontier Salad Sprinkle SaF
27. Frontier Lemon Pepper SaF
28. Frontier All-Purpose Seasonsin SaF
29. GF Pantry Angel Food Cake Mix GF
30. GF Pantry Beth's All-purpose Flour GF WF
31. GF Pantry Chocolate Truffle Brownie Mix GF WF
32. GF Pantry Chocolate Chip Cookie & Cake GF WF
33. GF Pantry Favorite Sandwich Bread GF WF
34. GF Pantry Muffin & Scone Mix GF WF
35. GF Pantry Perfect Pie Crust Mix GF WF
36. Holgrain Mix Chicken Coating GF

37. Kinnikinnick Bread-Bun Mix White Rice GF WF
38. Mori-Nu Chocolate Pudding Mix DF NRS V
39. Namaste Perfect Flour CF CoF DF GF NF PF PoF SF WF
40. Pamela's Classic Vanilla Cake Mix GF WF
41. Pamela's Baking & Pancake Mix GF WF
42. Cherrybrook Chocolate Chip DF EG GF NF PF WF
43. Cherrybrook Fudge Brownie DF EG GF NF PF WF

Condiments, Dressing, Sauces, Butters, Syrups

44. AhLaska Chocolate Syrup ChF GF PF
45. Annie's Balsamic Vinaigrette GF
46. Annie's Caesar Dressing GF
47. Annie's Cowgirl Ranch GF
48. Annie's French Dressing GF
49. Annie's Garlic Green GF ViF
50. Annie's Lemon-Chive Dressing GF ViF
51. Annie's Papaya Poppy Seed Dressing GF
52. Annie's Roasted Red Pepper Vinaigrette GF
53. Annie's Sesame Ginger Vinaigrette GF
54. Annie's Thousand Island Dressing GF
55. Follow Your Heart Veganise DF EF K NG V
56. *Jyoti Indian Sauces Many Flavors GF WF
57. Native Forest Mango Passion Chutney GF V
58. Organic Tamari Soy Sauce WF
59. Road's End Gravy Mix Savory Herb WF
60. Spectrum Canola Mayonnaise GF
61. Spectrum Olive Oil Mayonnaise GF
62. Sprecher Spicy Brown Beer Mustard GF
63. Sprecher Root Beer Mustard GF
64. Sunbutter Sunflower Butter GF

Beer

65. Anheuser Busch Red Bridge BF GF WF

Breads Frozen

66. Food for Life Brown Rice Tortillas GF WF
67. Food for Life Multi Seed Rice GF SF WF YF
68. French Meadow Flax & Sunflower YF
69. French Meadow Hemp Sprouted DF YF
70. French Meadow Kamut V YF
71. French Meadow Rye Bread WF YF
72. French Meadow Sourdough Bagels YF
73. French Meadow Spelt Bagels YF
74. French Meadow Sprouted Bagels YF V
75. Glutino English Muffins GF WF
76. Glutino Fiber Sandwich Bread CF GF WF
77. Kinnikinnick White Sourdough Bread GF WF
78. Nature's Path Mana Bread YF

Cereal, Pasta, Rice, Soups

79. Amy's Tomato Bisque GF
80. Amy's Chili Medium Black Beans GF LoF
81. Amy's Chili Spicy GF
82. Amy's Cream of Tomato GF
83. Amy's Black Bean Vegetable GF V
84. Amy's Split Pea GF V
85. Amy's Lentil GF V
86. Amy's Lentil Vegetable V
87. Bionaturae Organic Spaghetti Elbow GF
88. Bionaturae Organic Penne Rigate GF



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89. Bionaturae Organic Spaghetti GF
90. Debole's Spaghetti GF
91. Enrивon Kids Amazon Flakes GF
92. Enrивon Kids Panda Puffs GF
93. Glutino Cereal Honey Nut GF
94. Glutino Mac & Cheese GF
95. Lundberg White Arborio Rice GF
96. Lundberg Long Grain Brown Rice GF
97. Lundberg Rice Bowls Many Flavors GF
98. Lundberg Risotto Creamy Parmesan GF
99. Lundberg Short Grain Brown Rice GF
100. Natures Path Corn Flakes Juice Swt GF
101. Natures Path Granola Bars Apricot & Nut WF
102. Natures Path Granola Bars Peanut Butter WF
103. Pocono Cream of Buckwheat GF WF
104. Quinoa Flakes GF
105. Quinoa Pasta Elbows GF WF
106. Quinoa Spaghetti GF
107. Quinoa Traditional GF WF
108. Quinoa Inca Red GF WF
109. Road's End Mac & Cheese ChF LF SF
110. Road's End Mac & Cheese Alfredo CF LF SF V
111. Road's End 123's & Cheese GF K LF V
112. Road's End Penne Pasta GF DF
113. Road's End Penne & Cheese ChF GF LF SF
114. Tasty Bite Agra Peas & Greens GF K V Vg
115. * Thai Kitchen Many Noodles & Sauces GF or EF or V

Cookies, Snacks, Candy

116. Barbara's Fig Bars WF
117. Barbara's Snackimals Animal Cookies WF
118. Boomi Bar Perfect Pumpkin GF Vg
119. Bug Bites Bark Chocolate GF V
120. Bumble Bee Bar GF V
121. Enjoy Life Double Chocolate Brownie GF NF V
122. Enjoy Life Happy Apple Cookies GF NF V
123. Glutino Lemon Wafer Cookies GF
124. Green & Black Chocolate Bars Many Flavors Vg
125. Mi-Del Ginger Snaps GF DF
126. Mi-Del Lemon Snaps GF
127. Mi-Del Mini Pecan Cookies GF
128. Nana's Oatmeal Raisin Cookies ChF DF EF WF
129. Newman's Crème Fill Choc Cookies DF WF
130. Oskri Sesame Bar Date Fennel GF LF V
131. Oskri Sesame Bar with Molasses GF LF V
132. * Sensible Foods Crunchy Snacks Many Flavors GF
133. * VerMints Mints Two Flavors GF NAP NF

Chips and Salsa

134. Amy's Salsa Black Bean Corn GF NG V
135. Amy's Salsa Medium GF V
136. Amy's Salsa Mild GF NG V
137. Amy's Salsa Spicy Chipotle GF NG V
138. Amy's Salsa Fire Roasted Vegetables GF V
139. Amy's Salsa Black Bean & Corn GF V
140. * Dirty Potato Chips Many Flavors GF
141. * FoodShouldTasteGood Many Flavors GF NG ChF
142. Glutino Pretzel Twists CF DF EF GF WF

143. * Kettle Chips Many Flavors GF
144. * Miguel's Tortilla Dippers Many Flavors GF ChF

Crackers and Cakes

145. Glutino Breadsticks Sesame GF
146. Glutino Crackers GF WF
147. Hol-Grain Crackers Brown Rice GF WF
148. Kinnikinnick Animal Crackers CF DF EF GF WF
149. Kinnikinnick Graham Crackers CF DF GF WF
150. Lundberg Rice Cakes Carmel Corn GF WF
151. Lundberg Rice Cakes Flax Tamari GF WF V
152. Lundberg Rice Cakes Brown Rice GF WF V
153. Nature's Nectar Crackle Bread GF
154. Mary's Gone Crackers DF GF K V WF

Dinners, "Meats", Proteins, Frozen and Refrigerated

155. Amy's Asian Noodle Stir Fry DF GF V
156. Amy's Mexican Casserole GF
157. Amy's Mexican Tamale Pie DF GF
158. Amy's Santa Fe Enchilada Bowl GF K NG
159. Amy's Shepherd's Pie DF GF NG V
160. Amy's Teriyaki Veggie-Rice Bowl DF GF V NG
161. Applegate Chicken Nuggets GF
162. Food for Life Cluckphrey Chic-A-Roos ChF EG V Vg
163. Food for Life Cluckphrey Patties ChF EG V Vg
164. Food for Life Moophrey Burgers ChF EG V V
165. Quorn Meatless Grounds MF SF
166. Quorn Meatless Meatballs MF SF
167. Quorn Meatless Chik'n Patties MF SF
168. Sunshine Burgers GF MF SF V
169. Trempealeau Walnut Burgers MF
170. * Tofurky Deli Slices Many Flavors V
171. Tofurky Vegetarian Roast V
172. Van's Homestyle Waffles DF EF GF WF
173. Westsoy Seitan ChF V
174. Westsoy Tempeh V
175. * Westsoy Tofu Firm or Extra Firm GF V

Milk and "Dairy"

176. * Blue Diamond Almond Many Flavors CF GF LF
177. Earth Balance Buttery Sticks DF V
178. Earth Balance Shortening DF EF V NG
179. Edensoy Unsweetened Soy Milk DF GF LF
180. * Hempbliss Hempmilk Choco & Vanilla GF LF NF SF
181. * Lifeway Kefirs, Various Flavors GF
182. Living Harvest Hempmilk DF GF K LF V
183. Organic Valley Lactose-Free Milk LF
184. * Organic Valley Soy Milk Original & Vanilla DF GF LF
185. Rice Dream Original DF GF LF SF
186. Rice Dream Vanilla Hazelnut DF GF LF SF
187. * Silk Soy Milk Choc & Van CF ChF DF EF GF LF PF
188. Tofutti Cream Cheese ChF DF LF NAP
189. Westsoy Rice Beverage Vanilla DF LF

Supplements

190. Yerba Prima Psyllium Husks Powder GF