

# MADISON AREA GLUTEN INTOLERANCE CHAPTER M.A.G.I.C.

<http://www.madison.com/communities/gluten-free/>

**CSA/USA, INC. – Madison Area Chapter #41 – Affiliated 1993**

**Next Meeting: Saturday June 10th**

**10:00am-Noon**

**Prairie Park Apartments—6530 Schroeder Rd.**

**Speaker: Meghan Shannahan, M.D.**

**Anesthesiologist at UW and former M.A.G.I.C. member**

## **Can You Volunteer Your Time?**

MAGIC is in need of a secretary to record minutes from our meetings. Requires very little time. Call Nancy to volunteer (274-7121)

## **G.F. Protocol for Hospital Meal Service and Meds**

Mark Dinga, Med, RD, LDN, University of Pittsburgh Medical Center, Pittsburgh gave the following hints on gluten-free protocol to eliminate the potential for gluten cross-contamination while in the hospital:

1. Call before admission to make sure that the hospital can accommodate the GF diet.
2. On admission papers, document intolerances or allergies to medications and food.
3. Carry information on celiac disease and ask that it be placed in the **front** of the patient's chart.
4. The nurse reviews the doctor's orders, so be sure she is aware the patient is celiac.
5. "Gluten free" **must** be the **first** words on any food or prescription order.
6. Let the nurses and the pharmacy know that the patient is a celiac.
7. Ask the doctor to write on all pharmacy orders "Check all meds for gluten."
8. Gluten-free food may need to be brought from home for emergencies.

## **Happenings Around Town...**

### **Saturday, June 10<sup>th</sup>**

**All Day Gluten-Free Cooking (10-6pm)**

**C's Specialty Foods**

462 Commerce Dr.

829-1918

Chef Monica will be cooking with teff. All sampling will be gluten free.

### **Saturday, June 24<sup>th</sup>**

**Courtland Commons Grand Opening** (Commerce Dr. & Watts Rd.)

Lots of Give-aways!

C's Specialty will be giving away a G.F. Picnic Gift Basket

C's Specialty Foods now carry a line of Cinderella Sweets. These delectable g.f. desserts are from a kosher bakery in New York City. You may remember sampling the cake rolls at a previous Magic Meeting.

## Cooking Corner...

### Oven "Fried" Chicken w/ Apricot Dipping Sauce

(Whole Foods Cooking Class, Wheaton, IL)

3 c Rice Crunch 'Ems g.f. cereal  
2 T g.f. flour blend  
½ t salt  
½ t fresh ground pepper  
1 t dried thyme  
1 t dried sage  
½ t paprika  
2 #'s boneless, skinless chicken breasts  
½ c melted margarine or vegetable oil

#### Sauce:

1 jar apricot jam  
1 T lemon or lime juice  
1 t horseradish

- For chicken, preheat oven to 400 degrees.
- Combine in food processor or blender: cereal, flour blend, salt, pepper, sage and paprika. Place crumb mixture in a shallow bowl.
- Put melted margarine or oil in a shallow bowl. Dip chicken in margarine or oil and then into crumb mixture.
- Place chicken pieces on a pan lined with aluminum foil brushed lightly with oil. Pour any remaining margarine or oil over chicken pieces and place in oven for 15 to 20 minutes.
- Heat apricot jam in microwave for 1 to 2 minutes to soften. Mix jam, lemon or lime juice and horseradish in a bowl and set aside until ready to serve. Refrigerate unused sauce.
- Serve chicken fingers with sauce.

### Chicken Tortilla Soup

(Fox Valley Celiac Support Group)

4 small GF corn tortillas  
1 med onion, chopped  
2-3 cloves garlic, minced  
2 T. olive oil  
1 (4oz.) can green chilies (chopped)  
1 (15 oz.) can GF Italian-style chopped tomatoes (with juice)  
4 c. GF chicken broth  
1 t. oregano  
1 t. ground cumin  
½ t. GF hot sauce  
4 T. cornstarch  
½ c. water  
1 # boneless, skinless chicken breasts, cooked and cubed

- Cut tortillas into quarter-inch strips and scatter on a baking sheet sprayed with nonstick spray. Bake in 400 oven about 10 minutes (watch them!)
- Sauté onion, garlic and oil over low heat until onion is transparent.
- Add green chilies, tomatoes and chicken broth to soup; add spices and hot sauce. Simmer 20 min.
- Mix together water and cornstarch; slowly add into the soup, stirring constantly, bringing the soup to a boil for about 5 minutes. Add chicken.
- Serve over a handful of tortilla chips and top with grated cheese or sour cream, if desired.

### **Strawberry Jello Dessert**

2 cups crushed pretzels

$\frac{3}{4}$  cup melted butter

3 T sugar

Mix together. Bake & cool

8 oz cream cheese

8 oz cool whip

$\frac{1}{2}$  cup sugar

Mix & spread over crust

2 3 oz pkgs strawberry jello

2 cups boiling water

2 10 oz pkgs frozen strawberries

Mix & cool. After it has cooled completely (which I didn't do) pour it over the cream cheese mixture & chill.

### **Corn Cereal Mix**

$\frac{3}{4}$  cup packed brown sugar

6 T butter

3 T corn syrup

$\frac{1}{4}$  tsp baking soda

8 cups Rice Crunch'em

$\frac{1}{4}$  cup semisweet chocolate chips

Micro brown sugar, butter, & corn syrup in large bowl on high 1 to 2 min. until butter is melted. Stir in baking soda until dissolved. Stir in cereal. Micro on high for 3 min. stirring every min. Spread on cookie sheet. Cool 10 min & break into bit-size pieces. Micro chocolate chips in small bowl on high 1 min. 30 sec. Drizzle over cereal. Refrigerate 30 mi. or until chocolate is set. Store in airtight container. Stir in 1 cup broken pretzels or  $\frac{1}{2}$  cup honey roasted peanuts or m&m's.

### **Family Favorite Cheesecake**

2  $\frac{1}{2}$  cups graham cracker crumbs (Kinnikinnick)

$\frac{1}{3}$  cup sugar

$\frac{1}{2}$  tsp cinnamon

$\frac{1}{2}$  cup butter melted

In small bowl, combine crumbs, sugar & cinnamon; stir in butter. Press onto the bottom & 2 inch up the sides of a greased 9 inch springform pan. Bake at 350 for 5 min. Reduce heat to 325.

3 pkgs (8 ounces each) cream cheese softened

1  $\frac{1}{2}$  cups sugar

1 tsp vanilla

4 eggs (separated)

In mixing bowl, beat cream cheese, sugar & vanilla until smooth. Add egg yolks; beat on low until combined. In small mixing bowl beat egg whites until soft peaks form & fold into cream cheese mixture. Pour over crust & bake for 1 hour or until center is almost set. Cool for 1 hour.

$\frac{1}{2}$  cup sour cream

2 T sugar

$\frac{1}{2}$  tsp vanilla

$\frac{1}{2}$  cup whipping cream, whipped

Combine the sour cream, sugar & vanilla; fold in whipped cream & spread over cheesecake. Refrigerate overnight.

**For more tender baked goods...**

Add 2 teaspoons of vinegar or lemon juice (as part of the liquid) for each cup of flour in pastry and pie dough recipes.

**Bugs in your flour?**

Try putting a bayleaf in the container/bag  
A stick of Wrigley's Spearmint Gum should keep them away  
Keep flours in an airtight glass jar. World Market carries a good selection.



**July 8<sup>th</sup> – Picnic at Nancy Spencer's  
1110 Saalsa Rd, Madison 274-7121**

**Bring a dish to share and the recipe**  
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**Got a great doctor?...**

Kathy Borner, our new member coordinator would like to compile a list of doctors that treat celiac. Please call (839-3540) or email her [kborner@aol.com](mailto:kborner@aol.com).

**\*\*\*\*\*Membership Dues\*\*\*\*\***

Dues for New Members:

\$25, includes new member packet and membership from July 1, 2006 to June 30, 2007

\$20, includes new member packet and membership from Jan 1, 2007 to June 30, 2007

Annual Renewal of Membership:

\$20 covers the period from July 1, of the current year to June 30, subsequent year.

Enclosed please find \$\_\_\_\_\_for MAGIC membership. Voluntary Donation:\_\_\_\_\_

Name:\_\_\_\_\_

Street Address:\_\_\_\_\_

City, State, Zip Code:\_\_\_\_\_

Phone:\_\_\_\_\_ Email Address:\_\_\_\_\_

Prefer newsletter by: E-mail\_\_\_\_\_U.S. Mail\_\_\_\_\_

Please submit your check, payable to (M.A.G.I.C.) Madison Area Gluten Intolerance Chapter, and mail to: M.A.G.I.C., Robert Coffin, 3827 Monona Dr., #45, Monona, WI 53714-2648.

## GLUTEN-FREE PRODUCTS

### Land O Lakes

Butter  
Whipped Butter in Tub  
All Natural Cheeses – NO AMERICAN CHEESE  
Sour Cream  
Heavy Whipping Cream  
Cottage Cheese  
Regular & Chocolate Milk

### Crystal Farms

All Natural Cheeses EXCEPT Blue Cheese & NO AMERICAN CHEESE  
Ricotta Cheese  
Cream Cheese  
Butter  
Margarine

### Brennan's

Natural Cheeses but not some of the specialty cheese that have beer in them. Please ask someone at store if there is a question.  
All sausage EXCEPT LIVERWURST

### Kraft

Most all Cheese are gluten-free & Kraft will list gluten on packaging  
Kraft Singles  
Velvetta

### Sargento

We are pleased to tell you that most Sargento natural cheeses should be acceptable to a gluten-free diet. However, there are a few exceptions.

There is wheat gluten in Sargento Blue Cheese. Sargento Imitation Mozzarella Shredded Cheese contains a modified food starch that may contain gluten. Those on a gluten-free diet should also not eat the following Sargento Snacks: Cheese Dips!, Cheese Dip & Sticks, Cheese Dip & Pretzels, Cheese Dip & Crackers, Strawberry Dip & Cookie Sticks, Chocolate Dip & Cookie Sticks or S'mores.

You will notice that we use microcrystalline cellulose, calcium carbonate or potato starch as anti-caking agents on our shredded cheeses. When added to shredded cheese, they prevent the shreds from sticking together.

Microcrystalline cellulose is a white, odorless, tasteless, totally natural powder made from cellulose, a naturally occurring component of most plants. Calcium carbonate and potato starch are also natural ingredients. None of these anti-caking agents is derived from wheat, rye, oats or barley; therefore, they are acceptable to a gluten-free diet.

The source of vinegar in Sargento Ricotta Cheese can vary; however, it is triple distilled, and, to the best of our knowledge, no gluten is present.

### **DEL MONTE GLUTEN-FREE PRODUCTS:**

The modified food starch we use is made from corn. The following list includes Del Monte branded products that, to the best of our knowledge, do not contain wheat, oats, rye or barley/malt ingredients. Please be aware this list may change or not be complete due to formula changes or new product introductions. Always check the ingredient statement on the label.

- |   |   |
|---|---|
| -Canned/Jarred Fruits   | -Tomatoes & Tomato Products (except Spaghetti Sauce Flavored with Meat) |
| -Fruit snack Cups (Metal and Plastic)                                   |   |
| -Canned Vegetables (except Del Monte Savory Sides Green Bean Casserole) | -100% Fruit Juices  |

## **Jennie-O Turkey Store**

Our products are labeled in compliance with government regulations and we are providing this list as a general guideline for products which do not contain gluten in the form of wheat, rye, oats and barley. Parents and individuals with food allergies and/or food intolerance are responsible for reading the label of all products they intend to use regardless of how the product is represented on this site. The present formulas of these products distributed in the United States do not contain gluten in the form of wheat, rye, oats, and barley. If you have any questions, please call our Customer Service Representatives at 1-800-523-4635.

### **JENNIE-O TURKEY STORE® Refrigerated/Frozen Items Not Containing Gluten**

JENNIE-O TURKEY STORE® Prime Young Turkey: fresh or frozen (gravy packet contains gluten)

JENNIE-O TURKEY STORE® Frozen Turkey Breast (gravy packet contains gluten)

JENNIE-O TURKEY STORE® Fresh Ground Turkey: Lean, Extra Lean, Mexican, Italian

JENNIE-O TURKEY STORE® Fresh Lean Turkey Patties

JENNIE-O TURKEY STORE® Fresh Tray: Breast Slices, Breast Strips, Tenderloins

JENNIE-O TURKEY STORE® Fresh Breakfast Sausage: Mild Links, Mild Patties, Maple Links

JENNIE-O TURKEY STORE® Fresh Dinner Sausage: Sweet Italian, Hot Italian, Cheddar Turkey Bratwurst, Lean Turkey Bratwurst

JENNIE-O TURKEY STORE® Flavored Tenderloins: Lemon-Garlic, Seasoned Pepper

JENNIE-O TURKEY STORE® Flavored Roasts: Lemon-Garlic, Tequila-Lime, Cajun

JENNIE-O TURKEY STORE® Refrigerated Turkey Ham

JENNIE-O TURKEY STORE® Refrigerated Honey Cured Turkey Ham

JENNIE-O TURKEY STORE® Refrigerated Dark Turkey Pastrami

JENNIE-O TURKEY STORE® Festive TENDER CURED™ Turkey

JENNIE-O TURKEY STORE® Refrigerated Turkey Bologna

JENNIE-O TURKEY STORE® Refrigerated Qtr Turkey Breasts: Oven Roasted, Honey Cured, Hickory Smoked

JENNIE-O TURKEY STORE® Extra Lean Turkey Bacon

JENNIE-O TURKEY STORE® Turkey Franks

JENNIE-O TURKEY STORE® Extra Lean Smoked Turkey Sausage

JENNIE-O TURKEY STORE® Extra Lean Smoked Kielbasa Turkey Sausage

JENNIE-O TURKEY STORE® Smoked Turkey Wings and Drumsticks

JENNIE-O TURKEY STORE® Refrigerated Sliced Lunch Meat: Oven Roasted Turkey, Smoked Turkey, Turkey Bologna, Turkey Salami

JENNIE-O TURKEY STORE® *SO EASY* Slow Roasted Turkey Breast

JENNIE-O TURKEY STORE® *SO EASY* Entrees: Turkey Breast Chunks in Alfredo Sauce

JENNIE-O TURKEY STORE® Pan Roasts with Gravy: White, White/Dark Combo

JENNIE-O TURKEY STORE® Frozen Ground Turkey

JENNIE-O TURKEY STORE® Frozen Ground Seasoned Turkey

JENNIE-O TURKEY STORE® Frozen Turkey Burgers

JENNIE-O TURKEY STORE® BREAKFAST LOVER'S® Turkey Sausage

## **JENNIE-O TURKEY STORE® Deli Items Not Containing Gluten (Partial List)**

Always ask Deli Manager for a list of ingredients prior to purchase.

We do not hide any gluten ingredients under "flavoring."

JENNIE-O TURKEY STORE® Deli Chicken Breast: Buffalo Style, Oven Roasted, Mesquite Smoked

JENNIE-O TURKEY STORE® Premium Seasoned Turkey Breast: Cracked Pepper, Sun Dried Tomato, Garlic Pesto, Cajun Style, Buffalo Style, Brown Sugar

JENNIE-O TURKEY STORE® NATURAL CHOICE® Turkey Breast: Oven Roasted, Peppered, Tender Browned

JENNIE-O TURKEY STORE® GRAND CHAMPION® Turkey Breast: Oven Roasted, Tender Browned, Mesquite Smoked, Hickory Smoked, Honey Cured, Honey Mesquite

JENNIE-O TURKEY STORE® Homestyle Turkey Breast: Oven Roasted, Hickory Smoked, Honey Cured, Mesquite Smoked, Cracked Pepper

JENNIE-O® Regional Favorites Turkey Breast: Hot Red Peppered, Garlic Peppered, Maple Spiced, Smoked Peppered, Mesquite Smoked

JENNIE-O TURKEY STORE® VIP Turkey Breast

JENNIE-O® Deli Style Turkey Breast: Oven Roasted, Tender Browned, Smoked, Honey Mesquite, Mesquite Smoked, Cajun Fried, Turkey Ham, Turkey Pastrami

JENNIE-O® Blue Ribbon Turkey Breast: Oven Roasted, Smoked

JENNIE-O® Festive Oven Roasted Turkey

## **JENNIE-O TURKEY STORE® Miscellaneous Items**

The following list of products may contain vinegar. This vinegar would normally be white distilled vinegar. Other types of vinegar are listed on the ingredient statement. While our sources indicate that these types of vinegar are gluten free, you will need to make your own determination on whether you want to use these products.

JENNIE-O TURKEY STORE® Seasoned Pepper Turkey Breast Roast

JENNIE-O TURKEY STORE® Barbecue Turkey Thighs

JENNIE-O TURKEY STORE® *SO EASY* Entrees: Shredded Turkey in Barbecue Sauce

### **Campbell's**

Swanson's Broth & Canned Poultry  
Swanson's Lower Sodium Beef Broth  
Swanson's RTS Beef Broth  
Swanson's RTS Chicken Broth  
Natural Goodness Chicken Broth  
Swanson's Vegetable Broth  
Premium Chunk Chicken Breast in Water  
Premium White & Dark Chunk Chicken  
Campbell's Chunky Soup Chicken Broccoli  
Cheese

Campbell's Select Soup Savory Lentil  
V-8 All Campbell's Tomato Juice, V8  
Vegetable Juice, V8 Splash Juice, V8 Diet  
Splash Juice Blends  
All Pace Picante, Thick & Chunky Salsas &  
Enchilada Sauce  
Prego Pasta Sauce – Traditional, Three  
Cheese Sauce & Mushroom

### **Gold N' Plump**

Seasoned whole birds – lemon pepper, mesquite  
Premium Selects Chicken Breasts  
Marinated Breasts, Tenders & Strips  
Rotisserie Chickens EXCEPT the Sweet BBQ Flavored

**Johnsonville**

Johnsonville Fresh Grilling

Original Bratwurst

Cheddar Bratwurst

Hot'n Spicy Bratwurst

Savory Onion

Mild/Hot/Sweet Italian

Irish O'Garlic

Fresh Polish Sausage

3 lb Party Pack (Original & Mild)

Frito-Lay

**Products Not Containing Gluten**

*Last updated January 10, 2006*

BAKED! CHEETOS® Crunchy Cheese Flavored Snacks  
BAKED! CHEETOS® FLAMIN' HOT® Cheese Flavored Snacks  
BAKED! DORITOS® COOLER RANCH® Flavored Tortilla Chips  
BAKED! LAY'S® Cheddar & Sour Cream Flavored Potato Crisps  
BAKED! LAY'S® Original Potato Crisps  
BAKED! LAY'S® Sour Cream & Onion Artificially Flavored  
Potato Crisps  
BAKED! RUFFLES® Cheddar & Sour Cream Flavored Potato  
Crisps  
BAKED! RUFFLES® Original Potato Crisps  
BAKED! TOSTITOS® Bite Size Tortilla Chips  
BAKEN-ETS® Chile Limon Fried Pork Skins  
BAKEN-ETS® Fried Pork Cracklins  
BAKEN-ETS® Fried Pork Skins  
BAKEN-ETS® Hot 'N Spicy Flavored Pork Cracklins  
BAKEN-ETS® Hot 'N Spicy Flavored Pork Skins  
BAKEN-ETS® Salt & Vinegar Fried Pork Skins  
BAKEN-ETS® Sweet & Tangy BBQ Flavored Pork Skins  
CHEETOS® ASTEROIDS™ FLAMIN' HOT® Mini Cheese  
Flavored Snacks  
CHEETOS® ASTEROIDS™ Mini Cheese Flavored Snacks  
CHEETOS® ASTEROIDS™ XXTRA FLAMIN' HOT® Mini Cheese  
Flavored Snacks  
CHEETOS® Cheddar Jalapeno Cheese Flavored Snacks  
CHEETOS® Crunchy Cheese Flavored Snacks  
CHEETOS® FLAMIN' HOT® Cheese Flavored Snacks  
CHEETOS® FLAMIN' HOT® Limon Cheese Flavored Snacks  
CHEETOS® Jumbo Puffs Cheese Flavored Snacks  
CHEETOS® Jumbo Puffs Cheezy Pizza Cheese Flavored  
Snacks  
CHEETOS® Jumbo Puffs Flamin' Hot Cheese Flavored Snacks  
CHEETOS® Natural White Cheddar Puffs Cheese Flavored  
Snacks  
CHEETOS® Puffs Cheese Flavored Snacks  
CHEETOS® Puffs Cheezy Pizza Cheese Flavored Snacks  
CHEETOS® Reduced Fat Cheese Flavored Snacks  
CHEETOS® Twisted Cheese Flavored Snacks  
CHESTER'S® Butter Artificially Flavored Popcorn  
CHESTER'S® Butter Flavored Puffcorn Snacks  
CHESTER'S® Cheese Flavored Popcorn  
CHESTER'S® Cheese Flavored Puffcorn Snacks  
CHESTER'S® FLAMIN' HOT® Flavored Fries  
CRACKER JACK® Butter Toffee Clusters  
CRACKER JACK® Original Caramel Coated Popcorn & Peanuts  
DORITOS® Black Pepper Jack Cheese Flavored Tortilla Chips  
DORITOS® COOL RANCH® Flavored Tortilla Chips

DORITOS® Fiery Habanero Flavored Tortilla Chips  
DORITOS® Guacamole! Flavored Tortilla Chips  
DORITOS® Mini COOLER RANCH® Flavored Tortilla Chips  
DORITOS® Natural Cool Ranch Tortilla Chips  
DORITOS® Natural White Nacho Cheese Tortilla Chips  
DORITOS® Ranchero Flavored Tortilla Chips  
DORITOS® ROLLITOS® COOLER RANCH® Tortilla Snacks  
DORITOS® ROLLITOS® NACHO CHEESIER® Tortilla Snacks  
DORITOS® ROLLITOS® Queso Picante! Tortilla Snacks  
DORITOS® Salsa Verde Flavored Tortilla Chips  
DORITOS® Spicier Nacho Flavored Tortilla Chips  
DORITOS® Taco Flavored Tortilla Chips  
DORITOS® Toasted Corn Tortilla Chips  
FRITO LAY® Cashews  
FRITO LAY® Deluxe Mixed Nuts  
FRITO LAY® FLAMIN' HOT® Flavored Sunflower Seeds  
FRITO LAY® Honey Roasted Peanuts  
FRITO LAY® Hot Peanuts  
FRITO LAY® Mild Cheddar Flavored Cheese Dip  
FRITO LAY® Original Trail Mix  
FRITO LAY® Salted Peanuts  
FRITO LAY® Smoked Almonds  
FRITO LAY® Sunflower Seed Kernels  
FRITO LAY® Sunflower Seeds  
FRITO LAY® Sweet Honey Trail Mix  
FRITOS® Bean Dip  
FRITOS® Chili Cheese Dip  
FRITOS® FLAVOR TWISTS™ Cheddar Ranch Flavored Corn  
Chips  
FRITOS® FLAVOR TWISTS™ Honey BBQ Flavored Corn Chips  
FRITOS® Hot Bean Dip  
FRITOS® Jalapeno & Cheddar Flavored Cheese Dip  
FRITOS® King Size Corn Chips  
FRITOS® Original Corn Chips  
FRITOS® SABROSITAS™ Lime 'N Chile Flavored Corn Chips  
FRITOS® SCOOPS!® Corn Chips  
FUNYUNS® Mini Onion Flavored Rings  
FUNYUNS® Onion Flavored Rings  
LAY'S® Cheddar & Sour Cream Artificially Flavored Potato  
Chips  
LAY'S® Chile Limon Potato Chips  
LAY'S® Classic Potato Chips  
LAY'S® Creamy Ranch Dip  
LAY'S® Deli Style Original Potato Chips  
LAY'S® Dill Pickle Flavored Potato Chips  
LAY'S® French Onion Dip  
LAY'S® French Onion Flavored Dry Dip Mix  
LAY'S® Green Onion Flavored Dry Dip Mix  
LAY'S® Kettle Cooked Mequite BBQ Flavored Extra Crunchy  
Potato Chips  
LAY'S® Kettle Cooked Jalapeno Flavored Extra Crunchy Potato  
Chips  
LAY'S® Kettle Cooked Regular Potato Chips

LAY'S® Light Original Potato Chips  
LAY'S® Lightly Salted Potato Chips  
LAY'S® Limon Tangy Lime Flavored Potato Chips  
LAY'S® Natural Country BBQ Thick Cut Potato Chips  
LAY'S® Natural Sea Salt Thick Cut Potato Chips  
LAY'S® Ranch Flavored Dry Dip Mix  
LAY'S® Salt & Vinegar Artificially Flavored Potato Chips  
LAY'S® Sensations Kettle Cooked Four Cheese Gourmet  
Potato Chips  
LAY'S® Sensations Kettle Cooked Lime & Black Pepper Potato  
Chips  
LAY'S® Sensations Kettle Cooked Sweet Chili & Sour Cream  
Potato Chips  
LAY'S® Sour Cream & Onion Artificially Flavored Potato Chips  
LAY'S® STAX® Cheddar Flavored Potato Crisps  
LAY'S® STAX® Hidden Valley Ranch Flavored Potato Crisps  
LAY'S® STAX® Jalapeno Cheddar Flavored Potato Crisps  
LAY'S® STAX® KC MASTERPIECE® BBQ Flavored Potato  
Crisps  
LAY'S® STAX® Monterey Pepper Jack Flavored Potato Crisps  
LAY'S® STAX® Original Flavored Potato Crisps  
LAY'S® STAX® Pizza Flavored Potato Crisps  
LAY'S® STAX® Salt & Vinegar Flavored Potato Crisps  
LAY'S® STAX® Sour Cream & Onion Flavored Potato Crisps  
LAY'S® Wavy Au Gratin Flavored Potato Chips  
LAY'S® Wavy Hickory BBQ Flavored Potato Chips  
LAY'S® Wavy Regular Potato Chips  
Maui Style Regular Potato Chips  
Maui Style Salt & Vinegar Flavored Potato Chips  
MISS VICKIE'S® Jalapeno Flavored Potato Chips  
MISS VICKIE'S® Lime & Black Pepper Potato Chips  
MISS VICKIE'S® Mesquite BBQ Flavored Potato Chips  
MISS VICKIE'S® Original Potato Chips  
MUNCHOS® Regular Potato Crisps  
NUT HARVEST® Natural Honey Roasted Peanuts  
NUT HARVEST® Natural Lightly Roasted Almonds  
NUT HARVEST® Natural Nut & Fruit Mix  
NUT HARVEST® Natural Sea Salted Peanuts  
NUT HARVEST® Natural Sea Salted Whole Cashews  
O'KEELY'S® Cheddar & Bacon Potato Skins Flavored Potato  
Crisps  
RUFFLES® Cheddar & Sour Cream Flavored Potato Chips  
RUFFLES® French Onion Dip  
RUFFLES® French Onion Dip (party bowl)  
RUFFLES® French Onion Dry Dip Mix  
RUFFLES® KC MASTERPIECE BBQ® Mesquite BBQ Flavor  
Potato Chips  
RUFFLES® Light Cheddar & Sour Cream Flavored Potato Chips  
RUFFLES® Light Original Potato Chips  
RUFFLES® Natural Reduced Fat Regular Sea Salted Potato  
Chips  
RUFFLES® Ranch Dip  
RUFFLES® Ranch Dry Dip Mix

RUFFLES® Reduced Fat Potato Chips  
RUFFLES® Regular Potato Chips  
RUFFLES® Sour Cream & Onion Flavored Potato Chips  
RUFFLES® The Works! Flavor Potato Chips  
RUSTLER'S™ Beef Jerky  
RUSTLER'S™ Spicy Flavor Beef Stick  
SABRITAS® ADOBADAS™ Tomato & Chile Flavored Potato Chips  
SABRITAS® Picante Peanuts  
SABRITAS® Salt & Lime Peanuts  
SANTITAS® Botaneros Salsa Roja Flavored Tortilla Chips  
SANTITAS® Botaneros Salsa Verde Flavored Tortilla Chips  
SANTITAS® White Corn Restaurant Style Tortilla Chips  
SANTITAS® Yellow Corn Tortilla Chips  
SMARTFOOD® Reduced Fat White Cheddar Cheese Flavored Popcorn  
SMARTFOOD® White Cheddar Cheese Flavored Popcorn  
TOSTITOS® All Natural Hot Salsa  
TOSTITOS® All Natural Medium Salsa  
TOSTITOS® All Natural Mild Salsa  
TOSTITOS® Bite Size Rounds Tortilla Chips  
TOSTITOS® Crispy Rounds Tortilla Chips  
TOSTITOS® GOLD® Tortilla Chips  
TOSTITOS® Light Restaurant Style Tortilla Chips  
TOSTITOS® Medium Organic Salsa  
TOSTITOS® Monterey Jack Queso  
TOSTITOS® Natural Blue Corn Restaurant Style Tortilla Chips  
TOSTITOS® Natural Yellow Corn Restaurant Style Tortilla Chips  
TOSTITOS® Restaurant Style with a Hint of Jalapeno Flavor Tortilla Chips  
TOSTITOS® Restaurant Style with a Hint of Lime Flavor Tortilla Chips  
TOSTITOS® Restaurant Style Salsa  
TOSTITOS® Salsa Con Queso  
TOSTITOS® Santa Fe Rounds Tortilla Chips  
TOSTITOS® SCOOPS!® Tortilla Chips  
TOSTITOS® Spicy Queso Supreme  
TOSTITOS® Thick & Chunky Salsa (party bowl)  
TOSTITOS® Zesty Bean & Cheese Dip  
TOSTITOS® 100% White Corn Restaurant Style Tortilla Chips

\*Our LAY'S® STAX® chips (all flavors) are made on gluten free lines, thus all LAY'S® STAX® products are free of gluten.

\*The above products do not contain gluten; however, they are produced on the same line as our products that do contain gluten. Although the lines are washed between batches, a slight residue may remain on the lines. Individuals who are extremely sensitive may be affected.

All Frito-Lay products are labeled accurately with the most current ingredient information. Frito-Lay makes every effort to

maintain this list; however, since the ingredients in our snacks are subject to change at any time, we recommend that you check the label on a specific product for the most current and accurate nutritional information. If you need assistance, please contact Frito-Lay Consumer Affairs toll-free at 1-800-352-4477 Monday through Friday between 9:00 a.m. and 4:30 p.m. Central Standard Time.