

Gluten Conscious Diet and The Kroger Co.

The following information applies to Kroger Private Label Products. Kroger Private Labels include the Kroger[®], Private Selection[®], Naturally Preferred[®], Value[™], Fred Meyer[®], Ralphs[®], Food 4 Less[®], King Soopers[®], Buena Comida[®], City Market[®], Fry's[®], QFC[®], Smith's[®], Dillons[®], and First Choice[®] brands.

Reading the Ingredient List:

The Kroger Co. abides by all laws and good manufacturing practices administered by government agencies such as the FDA and the USDA. We cannot hide ingredients in our food. When reading ingredient lists, remember that all items contained in the product must be listed. For example, if a can of green beans states, "green beans, water, and salt," those are the only ingredients contained in the product. If there is no ingredient list then the only ingredient is the product itself.

Sometimes you will see the term "natural flavors" in the ingredient list. Natural flavors may contain gluten. In this instance, you will need to call The Kroger Co. to find out if the product contains gluten. We will not divulge the exact ingredients in the natural flavors, as that information is proprietary. We will, however, let you know if the natural flavors contain gluten. Artificial flavors and spices do not contain gluten. Monosodium Glutamate (MSG) will always be listed in the ingredient statement. It cannot be contained in natural flavors or listed under any other heading.

Wheat is one of the eight main allergens. Our Allergen Labeling Program was developed using the Food Allergy Issues Alliance's guidelines. Both the Food Allergy Network and the FDA support these guidelines. As part of these guidelines, packaging for a food containing any of the eight major food allergens (peanuts, tree nuts, milk, eggs, wheat, soy, fish and shellfish) will identify the allergen present in the ingredient statement. This means that products containing wheat will have a statement that looks like this: **Contains: Wheat.** This statement will be located under the ingredient list. Oats, barley and rye are not one of the main eight allergens and therefore will not be listed in a "Contains" statement. If there is any question about the ingredients, especially when natural flavors are listed, please call us.

Cross Contamination

The Kroger Private Label Products on this list do not contain gluten containing ingredients. We can guarantee that products that do not list wheat in the ingredient statement are free of wheat because wheat is one of the eight main allergens. Individuals in our manufacturing plants are aware of the serious nature of Celiac Disease and the importance of listing the Eight Major Allergens. When manufacturing lines in our plants process both foods with and without one of the eight main allergens, shared equipment is thoroughly cleaned or washed before products not containing any one of the eight main allergens are processed. If there is a possibility of cross contamination of wheat, the product will state, "**May Contain: Wheat.**" We recommend that individuals attempting to eliminate gluten from their diets not consume any items made in the store bakery or the deli due to the likelihood of cross contamination. This includes meat sliced in the deli.

Products with no Gluten-Containing Ingredients

The following list contains Private Label Products manufactured for or by The Kroger Co. that should not have gluten-containing ingredients. We do not represent that these products are free of gluten cross-contaminates, but unless otherwise listed on the ingredient statement, they are free of wheat. While we have taken steps to ensure that this list is accurate as of the date it was compiled, product formulations do change and it is possible products listed may be re-formulated to contain some gluten-containing ingredients. Some ingredient changes do not require changes to be reflected on the label (e.g. a change in the make-up of natural flavors). We will attempt to update this list and post it on www.Kroger.com when we become aware of changes. Many of these items are foods that inherently do not contain gluten, regardless of the brand, and you may be able to find other brands of these items without gluten. **You are responsible for reading the label and verifying product ingredients at each purchase. Kroger is not responsible for any inaccuracy or misstatement in the list.** This list was compiled on the date indicated below.

Kroger Shopping Cart Guide of Kroger Private Label Products¹ for Gluten Intolerant Customers

Products with an asterisk do not have gluten in their natural form.

Baking

Baking Cocoa*
Baking Powder*
Baking Soda*
Butterscotch Morsels
Chocolate Chunks
Corn Starch*
Coconut, Regular and Sweetened*
Dark Brown Sugar*
Extracts
Flavorings
Food Colors*
Granulated Sugar*
Light Brown Sugar*
Milk Chocolate Chips
Peanut Butter Chips
Powdered Sugar*
Rainbow Sprinkles
Semi Sweet Chips
Salt*
Sugar Sprinkles
Sugar Substitutes*
White and Chocolate Bark Coating
Yeast Packets*

Beverages

Big K® Soft Drinks
Coffee, Unflavored Ground, Whole, and Instant*

Beverages Cont'd

Active Lifestyle® Drink Sticks
Crystal Clear® Flavored Waters
In An Instant® Drink Powders
Instant Cocoa
Instant Spiced Cider
Rice Drink, Plain and Vanilla
Shelf Stable Juices
Soy Drink, Plain and Vanilla
Tea, Bagged and Instant*

Candy

Hard Candy

Cooking Oil

Canola Oil*
Corn Oil*
Olive Oil*
Sunflower Oil*
Vegetable Oil*

Dairy

Butter*
Bar Cheeses*
Cottage Cheeses*
Cream Cheeses*
Cubed Cheeses*

Dairy Cont'd

Eggs*
Eggnog, Liquid and Powdered
Margarine*
Milks, Liquid and Powdered*
Shredded Cheeses*
Sliced Cheeses*
Sour Cream*
Vegetable spreads
Whipping Cream*

Fruits

Applesauce, Plain and Flavored
Fruit, Canned and Cups*
Fruit Juices
Fruit Snacks
Jams*
Jellies*
Plain Frozen Fruit*
Preserves*

Gelatins, Puddings/Pie Fillings

Gelatin, Flavored, Plain and Snack Cups*
Pudding, Boxed and Snack Cups
Canned Pie Filling

Marshmallows

Colored Marshmallows
Large Marshmallows
Marshmallow Cream
Miniature Marshmallows

Meat and Seafood

Bacon, Plain*
Chicken, Canned and Pouch*
Fresh & Frozen Plain Chicken Breast
Fresh & Frozen Plain Chicken Thighs
Fresh & Frozen Plain Chicken Wings
Fresh & Frozen Plain Turkey Breast
Fresh & Frozen Plain Turkey Thighs
Salmon, Canned*
Sardines, Canned
Tuna, Canned and Pouch*

Olives

Black Olives, Not Stuffed*
Green Olives, Not Stuffed*
Green Olives, Pimento Stuffed

Peanut Butter

Creamy Peanut Butter*
Crunchy Peanut Butter*
Natural Creamy Peanut Butter*
Natural Crunchy Peanut Butter*
Reduced Fat Creamy Peanut Butter*
Reduced Fat Crunchy Peanut Butter*

Popcorn

Plain Popcorn Kernels*

Potato Chips

Plain Potato Chips

Rice Cakes

Plain Rice Cakes
Salted Rice Cakes

Salsa

Thick & Chunky, Mild, Medium, and Hot
Traditional, Mild, Medium, and Hot
Picante Sauce, Mild, Medium, and Hot

Tortilla Chips

Plain Tortilla Chips

Vegetables

Plain Canned Vegetables*
Plain Frozen Vegetables*
Plain Instant Potatoes
Plain Frozen Potatoes, Salted*
Unseasoned Beans, Dry and Canned*
Vegetable Juice

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