

List of Snacks Free of Peanuts, Tree Nuts, Eggs and Sesame Seeds

Updated: October 26, 2011

PRETZELS

- *Bachman* – Twist, Butter Twist, Mini Bite Size, Thin N Right, Pretzel Rods, Kidzels, Pretzel Stix, Nutzels (bite-size), Hard Sourdough, Pita Pretzel Squares, Kidzels 100 Calorie Pack
- *Herr's* – Extra Thin, Rods, Whole Grain Pretzel Sticks Honey Wheat
- *Rold Gold* – Thins, Sticks, Rods, Tiny Twists, Lightly Salted Tiny Twists, Tiny Twists Cheddar, Tiny Twists Honey Mustard, Sourdough, Honey Wheat, Cheesy Garlic
- *Shop Rite* – Mini, Mini Fat Free, Mini No Surface Salt, Gem, Amish Pretzel Sticks, Amish Pretzels Fat Free, Amish Pretzels No Surface Salt, Thin, Thin Fat Free, Waffle, Rods, Stick Pretzels Fat Free
- *Newman's Own* – Salted Sticks, Salted Pretzel Rounds, Unsalted Pretzel Rounds, Spelt Pretzels
- *Pepperidge Farm Goldfish Pretzels*
- *Pepperidge Farm 100 Calorie Pouches Goldfish Pretzels*
- *Nabisco 100 Calorie Mister Salty Milk Chocolate Pretzels*
- *Nabisco 100 Calorie Mister Salty Yogurt Flavored Pretzels*
- *Oatzels* – Original, No Salt Added
- *Kraft Handi-Snacks Mister Salty Pretzels 'n Cheese Dip*
- *Ritz Munchables Pretzel Rounds*– Buttery flavor, Cheesy Sour Cream & Onion, Spicy Chipotle Cheddar

POTATO CHIPS

- *Ruffles* – Original, Reduced Fat, Sour Cream & Onion, Cheddar & Sour Cream, Loaded Chili & Cheese, Molten Hot Wings
- *Baked Ruffles* – Original, Cheddar & Sour Cream
- *Lay's* – Classic, Barbecue, Sour Cream & Onion, Lightly Salted, Cheddar & Sour Cream, Wavy Original, Salt & Vinegar, Garden Tomato & Basil, Honey Mustard, Honey Barbecue
- *Baked Lay's* – Original, Sour Cream & Onion, Barbecue, Parmesan and Tuscan Herb
- *Natural Lay's* – Sea Salted
- *Lay's Kettle Cooked* – Original, Sea Salt & Vinegar, Reduced Fat, Jalapeno, Sea Salt & Cracked Pepper
- *Herr's* – Crisp 'n Tasty, Ripples, Sour Cream & Onion, Barbecue, Salt & Vinegar, Lightly Salted, Red Hot
- *Herr's Kettle Cooked* – All Natural, Mesquite BBQ, Dark Potato Chips, Reduced Fat, Boardwalk Salt & Vinegar, Jalapeno
- *Wise* – All Natural, Lightly Salted, BBQ, Unsalted, Salt & Vinegar, Onion & Garlic, Honey BBQ
- *Wise Ridgies* – All Natural, Sour Cream & Onion, Cheddar & Sour Cream
- *Utz* – Original, Ripples, Wavy, Sour Cream & Onion, No Salt added, Salt 'n Vinegar
- *Utz Baked* – Original, Ripple, B-B-Q
- *Utz Natural Kettle Cooked* – 40% Reduced Fat, Gourmet Medley
- *Utz Mystic Potato Chips* – Reduced Fat
- *Pringles* – Original, Reduced Fat, BBQ
- *Pringles Snack Packs* – Original, 100 Calorie Snack Packs Original
- *Shop Rite* – Original, Krinkle Cut, No Salt Added, Salt & Vinegar, Barbecue

POTATO CHIPS (continued)

- *Shop Rite Organic* – Barbecue
- *Shop Rite Kettle Potato Chips* – Original, Sea Salt & Pepper
- *Munchos*
- *Kettle Brand* – Sea Salt, Sea Salt & Vinegar, Buffalo Bleu, Fully Loaded Baked Potato, Sweet Onion, Sour Cream and Onion, Jalapeno
- *Kettle Brand Bakes* – Sea Salt, Aged White Cheddar, Hickory Honey Barbeque, Sea Salt & Vinegar
- *Cape Cod* – Original, Sour Cream & Green Onion

VEGETABLE CHIPS

- *Good Health Natural Foods* – Veggie Chips, Veggie Stix, Pizza Veggie Stix
- *Terra Exotic Vegetable Chips* – Original, Sweets & Beets, Sweets & Carrots, Sweet Potato, Spiced Sweet Potato, Exotic Harvest Sweet Onion, Exotic Harvest Sea Salt, Terra Blues
- *Sensible Portions* - Garden Veggie Straws, Garden Veggie Chips
- *Pirate's Booty Veggie*

CORN/TORTILLA CHIPS

- *Tostitos* – Restaurant Style, Scoops, Crispy Rounds, Multigrain, Multigrain Scoops, Bite Size, Hint of Jalapeno, Hint of Lime
- *Tostitos Artisan Recipes* – Roasted Garlic & Black Bean, Fire-Roasted Chipotle
- *Natural Tostitos Organic* – Yellow Corn, Blue Corn
- *Santitas* – Tortilla Triangles
- *Utz Tortilla Chips* – Restaurant Style, White Corn, Baked
- *Herr's* – Restaurant Style, Bite Size Dippers
- *Sun Chips* – Original, Harvest Cheddar, French Onion, Garden Salsa, Jalapeno Jack
- *Fritos* – Original, Flavor Twists Honey BBQ, Scoops, Bar-B-Q
- *Doritos* – Nacho Cheese, Cool Ranch, Spicy Nacho, Tacos Flavor, Spicy Sweet Chili, Toasted Corn Pizza Supreme
- *Stacy's Pita Chips* – Simply Naked, Cinnamon Sugar, Parmesan Garlic & Herb
- *Bachman Tortilla Chips* – Restaurant Style, MultiGrain
- *Garden of Eatin' (organic)* – Blue Corn Restaurant Style Tortilla Chips, White Corn Restaurant Style Tortilla Chips, Yellow Chips, Blue Chips, Red Hot Blues, Guac-A-Mole
- *Sage Valley (organic)* - Yellow Corn Tortilla Chips
- *Popchips* – Original Potato, Barbeque Potato, Cheddar Potato, Sour Cream & Onion Potato, Sea Salt & Vinegar Potato, Salt & Pepper Potato

RICE SNACKS

- *Quaker Quakes Rice Snacks* – Carmel Corn, Ranch, Sea Salt & Cracked Black Pepper, Kettle Corn, Chocolate, Sweet Chili, Cheddar Cheese, Sour Cream & Onion
- *Lundberg Organic Rice Cakes* – Rice with Popcorn, Brown Rice, Mochi Sweet, Sweet Green Tea
- *Soy Crisps*

CHEESE SNACKS

- *Cheetos* – Puffs, Puffs Honey BBQ, Crunchy, Flamin’ Hot Crunchy, Baked
- *Herr’s Baked Cheese Curls*
- *Kurly Kurls*
- *Kurly Go Rounds*
- *Wise Cheez Doodles* – Puffed, Puffed O’s, Crunchy
- *Pirate’s Booty*–Aged White Cheddar, Sour Cream & Onion, New York Pizza
- *Smart Puffs*
- *Original Tings Crunchy Corn Sticks*
- *Sage Valley* – (all natural) White Cheddar Puffs

POPCORN

- *Bachman* – Original, Light
- *Kurly Korn* – Premium Cinema Popcorn
- *Wise* – Original Butter, White Cheddar
- *Smartfood* – White Cheddar, Reduced Fat, Movie Theater Butter
- *Sage Valley* – Lite Organic Popcorn
- *Good Health Natural Foods* – Half Naked Popcorn with a Hint of Olive Oil

CRACKERS

- *Goldfish* - Saltine, Cheddar, Whole Grain, Pizza, Parmesan, Baby Cheddar, Colors, Mix-Up, Pretzel
- *Goldfish Flavor Blasted* – Xtra Cheddar, Slammin’ Sour Cream & Onion, XPlosive Pizza
- *Goldfish Mix-Up Adventures* – Xtra Cheesy Pizza, Pretzel & Flavor Blasted Xtra Cheddar
- *Goldfish Grahams* –Cinnamon, Vanilla, Chocolate, Chocolate Chip
- *Goldfish 100 Calorie Pouches* – Cheddar, Pretzel
- *Cheese Nips* – Cheddar, Reduced Fat Cheddar, SpongeBob Square Pants
- *Cheez-It* – Original, Reduced Fat, Big, White Cheddar, Reduced Fat White Cheddar, Hot & Spicy, Parmesan & Garlic, Duoz, Scrabble Junior, Cheddar Jack, Pepper Jack, Baby Swiss, Italian Four Cheese, Colby, Whole Grain, Gripz
- *Cheez-It Snack Mix*
- *Ritz* – Original, Whole Wheat, Reduced Fat, Hint of Salt, Roasted Vegetable, Fresh Stacks
- *Ritz Munchables Pretzel Rounds*– Buttery flavor, Cheesy Sour Cream & Onion, Spicy Chipotle Cheddar
- *Ritz Toasted Chips* – Main Street Original, Dairyland Cheddar
- *Ritz Crackerfuls* – Classic Cheddar, Four Cheese, Cheddar & Bacon
- *Ritz Crackerfuls Multigrain* – Sharp Cheddar, Garden Vegetable, Garlic Herb
- *Kraft Handi-Snacks Ritz Crackers ‘n Cheese Dip*
- *Kraft Handi-Snacks Premium Breadsticks ‘n Cheese Dip*
- *Kraft Handi-Snacks Mister Salty Pretzels ‘n Cheese Dip*
- *Nabisco 100 Calorie Ritz Snack Mix*
- *All-Bran Crackers* – Multi-Grain
- *Kellogg’s Special K Crackers* – Multi-Grain, Savory Herb

CRACKERS (continued)

- *Town House* – Original, Wheat, Reduced Fat
- *Town House Toppers* – Original
- *Town House Flipsides Pretzel Crackers* – Original, Reduced Fat, Cheddar, Garlic & Herb
- *Town House Flatbread Crisps* – Italian Herb, Sea Salt & Olive Oil
- *Keebler Club* – Original, Reduced Fat, Multi-Grain, Buttery Garlic, Minis Original, Minis Multi-Grain
- *Keebler Club Snack Sticks* - Original, Honey Wheat
- *Keebler Sandwich Cracker* - Club and Cheddar
- *Keebler Wheatables* – Golden Wheat, Toasted Honey Wheat
- *Wheat Thins* – Original, Reduced Fat, Hint of Salt, Ranch, Reduced Fat Garlic & Herb, 100% Whole Grain, Sundried Tomato & Basil, Multigrain, Parmesan & Basil
- *Wheat Thins Fiber Selects* – 5 Grain, Garden Vegetable
- *Triscuit* – Original, Reduced Fat, Hint of Salt, Garden Herb, Rosemary & Olive Oil, Fire Roasted Tomato & Olive Oil, Cracked Pepper & Olive Oil, Roasted Garlic, Rye with Caraway Seeds
- *Triscuit Thin Crisps* – Original, Parmesan Garlic, Four Cheeses, Chile Pepper
- *Triscuit Minis* - Original
- *Nabisco Premium Saltines* – Original, Unsalted Tops, Hint of Salt, Fat Free, Whole Grain, Minis, Fresh Stacks
- *Nabisco Premium Soup & Oyster Crackers*
- *Sunshine Saltines* – Krispy Original
- *Stoned Wheat Thins* – Original, Lower Sodium, Mini
- *Shop Rite Society Crackers*
- *Shop Rite Cheese Crackers*
- *Shop Rite Whole Wheat Wafers* – Original, Reduced Fat, Rosemary & Olive Oil
- *Shop Rite Wheat Snacks* – Original, Reduced Fat
- *Shop Rite Saltines* – Original, Fat Free, Unsalted Tops, Wheat
- *Shop Rite Bits Crackers* – Original, Low Sodium, Wheat, Roasted Vegetable
- *Shop Rite Oyster Crackers*
- *Pepperidge Farm Baked Naturals Cracker Chips* – Simply Potato, Cheddar & Sour Cream Potato, Simply Multi-Grain
- *Pepperidge Farm Baked Naturals Wheat Crisps* – Toasted Wheat
- *Pepperidge Farm Baked Naturals Cheese Crisps* – Cheddar, Four Cheese Italian Herb
- *Pepperidge Farm Distinctive Crackers* – Golden Butter
- *Nabisco 100 Calorie Sweet & Salty Mix Kettle Flavor*

MARSHMALLOWS

- *Shop Rite Marshmallows*
- *Campfire Marshmallows*

CEREAL BARS and TOASTER PASTRIES

- *Nutri Grain Cereal Bars* – Blueberry, Strawberry, Apple Cinnamon, Blackberry, Mixed Berry, Raspberry, Cherry Pomegranate, Strawberry Acai
- *Special K Bar* – Blueberry, Strawberry, Chocolatey Drizzle, Raspberry Cheesecake, Vanilla Crisp
- *Kellogg's Rice Krispies Treats* – Original
- *Health Valley Organic Multigrain Toaster Tarts* – Chocolate, Strawberry, Blueberry
- *Health Valley Organic Multigrain Cereal Bars* – Apple Cobbler, Strawberry Cobbler
- *Fiber One Chewy Bars* – Chocolate Mocha ONLY
- *Fiber One 90 Calories Chewy Bars* – Chocolate ONLY
- *Kellogg's Pop Tarts* – Brown Sugar, Cinnamon, Blueberry Unfrosted, Frosted Apple, Frosted Strawberry, Strawberry Unfrosted, Low Fat Frosted Strawberry, Frosted Cherry, Frosted Wild Berry
- *Kellogg's Pop Tart Mini Crisps* – Frosted Chocolate, Frosted Strawberry
- *Natures Path Organic Toasted Pastries* – Frosted Chocolate, Frosted Strawberry, Frosted Cherry Pomogran, Blueberry

GRAHAM CRACKERS

- *Nabisco Grahams* - Original
- *Nabisco Honey Maid* – Honey, Low Fat Honey, Cinnamon, Low Fat Cinnamon, Chocolate, Fresh Stacks
- *Goldfish Grahams* – Cinnamon, Vanilla, Chocolate, Chocolate Chip
- *Keebler Grahams* – Original, Cinnamon, Honey
- *Keebler Scooby-Doo Graham Cracker Sticks* – Honey, Cinnamon
- *Keebler Grahams Bites* - Cinnamon
- *Shop Rite* – Sugar Honey Grahams, Sugar Honey Grahams Low Fat, Chocolate Grahams, Cinnamon Grahams, Cinnamon Grahams Low Fat
- *Teddy Grahams* – Cinnamon, Honey, Chocolate, Chocolatey Chip, Mini
- *Dunkaroos* – Cinnamon Graham, Honey Graham

FRUIT SNACKS

- *Betty Crocker Fruit Roll-Ups*
- *Betty Crocker Fruit By The Foot*
- *Fruit Gushers*
- *Betty Crocker Fruit Flavored Snacks* – Dora the Explorer, Scooby-Doo, Batman, Spiderman, SpongeBob Square Pants, Shark Bites, Trans Formers, The Penguins of Madagascar, Ni hao Kai-Lan
- *Clif Kid Organic Twisted Fruit* – Strawberry, Mixed Berry
- *Annie's Organic Bunny Fruit Snacks* – Sunny Citrus, Tropical Treat

COOKIES

- *Oreos* – Original, Reduced Fat, Double Stuf, Cool Mint, Golden, Golden Double Stuf, Chocolate, Golden Chocolate, Sugar Free, Berry Burst Ice Cream, Halloween, Triple Double, Double Stuf Heads or Tails, Mini
- *Kraft Handi-Snacks Oreo Cookie Sticks 'n Creme Dip*
- *Chips Ahoy* – Chocolate Chip, Reduced Fat, Candy Blasts, Chunky, Chewy, Halloween, White Fudge Chunky, Mini
- *Newtons* – Original Fig, Fat Free, Whole Grain, Strawberry, Raspberry
- *Newtons Minis* – Whole Grain Fig
- *Newtons Fruit Crisps* – Apple Cinnamon
- *Dare Foods-Breaktime* – Chocolate Chip, Oatmeal, Ginger
- *Dare Foods Pure Chocolate Whippet*
- *Shop Rite Scrunchy Animal Crackers*
- *Shop Rite ABC Cookie Squares*
- *Barnum's Animal Crackers* – Original
- *Keebler Vanilla Wafers* – Original, Mini
- *Nabisco Ginger Snaps*
- *Snackwells* – Vanilla Creme Sandwich, Double Chocolate Chip Cookies 100 Calorie Packs, Fudge Drizzled Chocolate Chip Cookies 100 Calorie Packs, Fudge Shortbread Fudge Petites 100 Calorie Packs, Mint Fudge Shortbread Fudge Petites 100 Calorie Packs
- *Nabiscos Biscos Sugar Wafers* – Creme Filling
- *Lorna Doone Shortbread Cookies*
- *Nabisco Classics* – Iced Animal Cookies, Oatmeal, Soft Oatmeal Raisin, Iced Oatmeal, French Vanilla Creme
- *Nabisco 100 Calorie Packs* – Oreo Thin Crisps, Chips Ahoy Thin Crisps, Lorna Doone Shortbread Cookie Crisps

CANDY

- *Hershey's Chocolate Bars* – 1.55 oz Bars, King Size 2.6 oz (Note: other sizes may **not** be safe)
- *Hershey's Chocolate Kisses*
- *Hershey's Chocolate Kisses Special Dark*
- *Hershey's Hugs*
- *Rolo*
- *Tootsie Rolls* – Chocolate and Fruit Flavors
- *Tootsie Pops*
- *Child's Play Tootsie Roll Favorites*
- *Dum Dum Pops*
- *Skittles*
- *Twizzlers*
- *Mike and Ike*
- *Zours*

CANDY (continued)

- *Good & Plenty*
- *Juicyfruits*
- *Jujubes*
- *Starburst Fruit Chews*
- *Lifesavers Hard Candies*
- *Lifesavers Gummies*
- *Lifesavers Gummies Collisions*
- *Airheads*
- *Pez*
- *Swedish Fish*
- *Sour Patch Kids*
- *Smarties*
- *Dots*
- *Crows*
- *Milk Duds*
- *Whoppers – Original Only*
- *Hot Tamales*
- *Charms Sweet Pops*
- *Charms Blow Pops*
- *Charms Blow Pop Minis*
- *Jolly Rancher Hard Candy*
- *Jolly Rancher Doubles*
- *Ring Pops*
- *Warheads*
- *Push Pop*
- *Kraft Caramels*
- *Red Vines*
- *Werther's Originals*
- *Sour Punch – Strawberry Straws, Apple Straws*

ICE CREAM

- *Dolly Madison – Vanilla & Chocolate Ice Cream Cups, Ice Cream Sandwiches*
- *White Rose Vanilla & Chocolate Ice Cream Cups*
- *Shop Rite Vanilla & Chocolate Ice Cream Cups*
- *Blue Bunny Ice Cream Sandwiches*
- *Turkey Hill Ice Cream Sandwiches – Vanilla Bean, Low Fat Vanilla Bean, Double Decker*
- *Shop Rite Ice Cream Sandwiches*

ICE POPS and ICES

- *Edy's Fruit Bars*
- *Popsicle Brand*
- *Dole Fruit Bars*
- *Whole Fruit*
- *Luigi's Real Italian Ice*
- *Marino's Italian Ices*
- *Shop Rite Red White Blue Pops*
- *Minute Maid Juice Bars*
- *Breyers Pure Fruit*

DISCLAIMER: ALL INFORMATION REGARDING INGREDIENTS AND MANUFACTURING PROCEDURES WERE COMPILED FROM CLAIMS MADE BY THE PRODUCTS' MANUFACTURERS ON THEIR LABELS AND MAY ALREADY BE OUT OF DATE. ALTHOUGH EVERY EFFORT HAS BEEN MADE TO BE AS ACCURATE AS POSSIBLE, WE DO NOT ACCEPT ANY LIABILITY FOR ERRORS OR OMISSIONS MADE BY US OR THE PRODUCTS RESPECTIVE MANUFACTURERS. THIS LIST IS FOR INFORMATIONAL PURPOSES ONLY AND IS INTENDED TO SERVE AS A GUIDE, NOT AS AN AUTHORITATIVE SOURCE. PRIOR TO PURCHASING ANY LISTED FOOD ITEM, IT IS YOUR RESPONSIBILITY TO CHECK THE PRODUCT LABEL TO ENSURE THAT UNDESIRE ALLERGENS ARE NOT INCLUDED AS INGREDIENTS AND TO VERIFY WITH THE MANUFACTURER THAT TRACE AMOUNTS OF UNDESIRE ALLERGENS WERE NOT INTRODUCED DURING THE MANUFACTURING PROCESS. CURRENT FDA LABELING GUIDELINES DO NOT MANDATE MANUFACTURERS TO DISCLOSE POTENTIAL ALLERGENS THAT MAY BE INTRODUCED AS PART OF THE MANUFACTURING PROCESS.

Please note:

- We welcome your comments, corrections, testimonials and feedback. Please direct all remarks and inquiries to 'comments@snacksafely.com'.
- This list is updated frequently. The latest version is always available at the following link: <http://snacksafely.com/snack-guide>.
- You can subscribe to our blog at SnackSafely.com to be notified of future changes to this list. Look for the icons under the "Subscribe to Us" section at the top right of the website to subscribe via e-mail, Twitter or RSS.
- We encourage schools, clubs, organizations and bloggers who wish to refer to this list on their respective websites to use the following link: <http://snacksafely.com/snack-guide>.
- Our site includes helpful articles related to food allergies including information on food product labeling. Visit us at <http://snacksafely.com> for more information.