

Beans and Legumes

Product Name

Black Eye Peas
Chickpeas (Garbanzo) *
Eight Bean Mix, Organic
Green Peas Whole
Kidney Beans, Light Red
Kidney Beans, Dark Red
Split Red Lentils, Conventional *
Whole Red Lentils
Moong Beans, Conventional
Moong Beans, Organic
Mung Dal Huskless
Split Yellow Peas, Conventional*

Indian Dals

Product Name

Chana Dal (Split Desi Chickpeas)
Kala Channa Dal (Desi Chickpeas)

* Available in Organic aswell

Cereals and Oats

Wheat and Gluten Free

Product Name

Amaranth Puffs, Organic info@giafoods.com
Oat Bran Wheat Free (Under 10PPM)
Steel Cut, Oat Groats (Under 10PPM)
Oats, Quick Cooking (Under 10PPM)
Oats, Rolled Large Flakes (Under 10PPM)
Seven Grain Cereal, Organic

Containing Wheat and Gluten

Product Name

Cream of Wheat (Wheatlets)
Eight Flake Cereal Mlx, Organiz
Swiss Style Museli
Museli, Organic
Oat Bran, Conventional
Oat Bran, Organic
Oat Groats
Oat Groats, Conventional
Oatmeal, Scotch
Old Fashioned Rolled Oats
Old Fashioned Rolled Oats, Organic
Small Flake Quick Cooking, Oats
Small Flake Quick Cooking, Oats Organic
Steel Cut Oats, Conventional
Steel Cut Oats, Organic
Seven Grain Cereal, Organic
Whole Grain Cereal

Dried Fruit - Page 1 of 2

Product Name

Apple Rings, Organic

Diced Apples, Organic

Hunza Apricots, Organic

Apricots, Organic

Banana Chips, Organic

Dried Bananas Sliced, Organic

Dried Sweetened Blueberries

Blueberries with Apple Juice, Organic

Blueberries, Organic

Pitted Natural Cherries (No Stone)

Cherries, Organic

Cranberries with Apple Juice, Organic

Cranberries, Organic

Dried Currants, Organic

Medjool Dates, Organic

Pitted Dates (No Stone), California

Pitted Dates (No Stone), Iranian Loose Pack

Black Mission Figs, Organic

Calimyrna Figs, Organic

Crystallized Diced Ginger

Goji Berries, Organic

Golden Berries,

Mango Slices, Organic

Mulberries, Organic

Dried Fruit - Page 2 of 2

Product Name

Papaya Spears, Organic
Diced Pineapple, Organic
Pineapple Rings, Organic
Pitted Prunes (No Stone), Organic
Sultana Raisins, Organic
Sultana Raisins, Turkish
Raisins, Thompson Seedless, Select
Raisins, Thomps, Organic
Halves Sundried Tomatoes, Organic
Julliene Sundried Tomatoes, Organic
Goji Berries, Organic
Golden Berries,
Mango Slices, Organic
Mulberries, Organic
Papaya Spears, Organic
Diced Pineapple, Organic
Pineapple Rings, Organic
Pitted Prunes (No Stone), Organic
Sultana Raisins, Organic
Sultana Raisins, Turkish
Raisins, Thompson Seedless, Select
Raisins, Thomps, Organic
Halves Sundried Tomatoes, Organic
Julliene Sundried Tomatoes, Organic

Grains and Flours Containing Wheat and Gluten - Page 1 of 2

Product Name

Barley Flakes
Barley Flakes, Organic
Stone Ground Barley Flakes, Organic
Barley Hulled, Organic
Barley Pearl
Barley Pot
Bulgar Wheat
Whole Wheat Cake & Pastry Flour, Organic
Couscous, Giant Isareli
Couscous, Medium
Couscous, Organic
Whole Wheat Couscous , Organic
Farroh, Whole Grain
Freekeh, Whole Grain
Kamut Flakes, Organic
Stone Ground Kamut Flour, Organic
Kamut Kernels, Organic
Oat Flour
Stone Ground Oat Flour, Organic
White Pastry Flour, Organic
Rye Berries, Organic
Rye Flakes
Rye Flakes, Organic
Dark Rye Flour
Dark Stone Ground Rye Flour, Organic
Light Rye Flour
Spelt Flakes, Organic
Light Spelt Flour, Organic
Whole Spelt Flour, Organic

Grains and Flours Containing Wheat and Gluten - Page 2 of 2

Product Name

Wheat Bran, Organic
Wheat Flakes, Organic
Wheat Germ
Hard Red Spring Wheat Kernels, Organic
Soft Wheat Kernels, Organic
All Purpose White Flour, Organic
Hard Unbleached White Flour, Organic
HiRise Whole Wheat Flour, Organic
Rye Berries, Organic
Rye Flakes
Rye Flakes, Organic
Dark Rye Flour
Dark Stone Ground Rye Flour, Organic
Light Rye Flour
Spelt Flakes, Organic
Light Spelt Flour, Organic
Whole Spelt Flour, Organic
Spelt Kernels, Organic
Wheat Bran, Organic
Wheat Flakes, Organic
Wheat Germ
Hard Red Spring Wheat Kernels, Organic
Soft Wheat Kernels, Organic
All Purpose White Flour, Organic
Hard Unbleached White Flour, Organic
HiRise Whole Wheat Flour, Organic
Stone Ground Whole Wheat Flour, Organic
Soft Pearled Whole Wheat
Spelt Kernels, Organic

Herbs and Spices - Page 1 of 2

Product Name

Ground Allspice
Ground Allspice, Ground
Medium Basil, Organic
Whole Sweet Basil
Ground Cardamom Seed
Ground Cardamom Seed, Organic
Cayenne Pepper
Cayenne Pepper , Organic
Crushed Chilli
Crushed Chilli, Organic
Cinammon Sticks, Organic
Ground Cinammon, Organic
Ground Coriander
Ground Coriander, Organic
Ground Cumin Seed
Ground Cumin Seed, Organic
Curry Powder, Organic
Dill Weed, Conventional
Dill Weed, Organic
Garlic Powder
Garlic Powder, Organic
Ground Ginger. Organic
Gingerbread Spice
Lemon Grass, Organic
Whole Marjoram
Whole Marjoram, Organic
Special Mustard Powder
Ground Mustard Seed, Organic
Whole Yellow Ground Mustard Seed
Groudn Netmeg
Ground Netmeg, Organic

Herbs and Spices - Page 2 of 2

Product Name

Onion Powder
Onion Powder, Organic
Minced Onion
Minced Onion, Organic
Whole Oregano
Rubbed Oregano, Organic
Hungarian Paprika
Paprike, Organic
Parsley Flakes
Parsley Flakes, Organic
Ground Pepper Black, Organic (28 Mesh)
Hand Sifted Pepper Black (32 Mesh)
Whole Black Pepper, Organic
Ground White Pepper
Whole White Pepper
Whole White Pepper, Organic
Whole Rosemary Leaves
Whole Rosemary Leaves, Organic
Whole Thyme
Whole Thyme, Organic
Ground Tumeric
Ground Tumeric, Organic
Ground Ginger, Organic
Lemon Grass, Organic
Whole Marjoram
Whole Marjoram, Organic
Special Mustard Powder
Ground Mustard Seed, Organic
Whole Yellow Ground Mustard Seed
Ground Netmeg
Ground Netmeg, Organic
Onion Powder
Onion Powder, Organic
Minced Onion
Minced Onion, Organic

Miscellaneous Baking Supplies

Product Name

Arrowroot Powder

Natural Baking Powder

Baking Soda (Sodium Bicarbonate)

Citric Acid

Powdered Eggs

Guar Gum

Milk Powder, Buttermilk

Milk Powder, Buttermilk

Whole Milk Powder

Whole Psyllium Husk

Wheat Gluten

Xanthan Gum

Nuts

Product Name

Whole Unlanced Almonds

Blanched Silvered Almonds

Blanched Sliced Almonds

Natural Sliced Almonds

Unblanched Almonds, Organic

Unpasteurized Almonds, Organic

Almond Meal Flour

Whole Blanched Almonds

Brazil Nutsm Organic

Whole Cashew

Large White Pieces Cashew

Natural Ground Filberts

Whole Filberts

Raw Whole and Broken Macadamia Nuts

Shelled Pecan Halves

Pecan Halves, Organic

Shelled Raw, Pecan Pieces

Pinenuts, Organic

Pistachio Raw Kernels

Walnut Halves and Pieces, Organic

Split Peanuts, Organic

Blanched Peanturs, Oganic

Raw Nut Mix

Snacks

Poppcorn

Product Name

Popcorn

Popping Corn, Organic

Salts

Product Name

Black Salt

Celery Salt

Fine Himalayan Pink Salt

Coarse, Sea Salt

Fine, Sea Salt

Seasoning Salt (No MSG)

HiGrade Table Salt

Rice

Product Name

Ancient Black Rice, Organic

Arborio Rice

Arborio Brown Rice, Organic

Bamboo

Brown Mekong Flower Rice, Organic

Basmati Rice Premium

Basmati Rice Premium

Long Grain Brown Rice

Short Grain Brown Rice

Golden Indian Parboiled

Rice Bran

Sprouted Brown Rice

Sprouted White Rice

Sweet Rice

Black Thai Rice

Red Thai Rice

Basmati White Rice, Organic

Long Grain White Rice

Long Grain White Rice, Organic

Wild Rice, Grade A

Wild Rice, Grade B

Rice Blends

Product Name

Jasimine and Wild Rice

Natural Rice Blend

Wild and Brown Rice Mix

Daikon Radish Mix

Seeds

Product Name

Amarnath Seeds, Organic
Black Chia Seeds, Organic
Brown Flax Seeds, Organic
Golden Flax Seeds, Organic
Brown Flax Meal, Organic
Golden Flax Meal, Organic
Hemp Nut, Organic
Millet Hulled, Organic
Poppy Seeds, Organic
Hulled Pumpkin Seeds, Organic
Unhulled Raw, Seseme Seeds
Hulled Raw Seseme Seeds, Organic
Black Raw Seseme Seeds
Sunflower Seeds, Organic

Sweeteners

Sugars

Product Name

Brown Sugar

Granulated Cane Sugar, Organic

Sweet Cane Sugar, Organic

Fine Granulated Sugar

Icing Sugar

Indian Sugar

Turbinado Sugar

Coconut Products

Product Name

Unsweetened Fine Coconut, Organic

Coconut Flour, Organic

Unsweetened Coconut Ribbon, Organic

Shredded Coconut, Organic

Coconut Sugar, Organic

Wheat and Gluten Free - Page 1 of 2

Product Name

All Purpose Flour Blend, Gluten Free
Amaranth Flour, Organic
Brown Rice Flakes, Organic
Brown Rice Flour
Stone Ground Brown Rice Flour, Organic
Buckwheat Flakes
Dark Buckwheat Flour
Dark Buckwheat Flour, Organic
Light Buckwheat Flour
Buckwheat Groats, Organic
Buckwheat Kasha, Organic
Chana Flour
Stone Ground Chickpea (Garbanzo) Flour
Coconut Flour, Organic
Yellow Corn Flour, Organic
Yellow Corn Meal, Organic
Garbanzo Bean (chickpea) Fava Bean Flour
Garbanzo Bean (chickpea) Flour, Organic
Hemp Flour, Organic
Stone Ground Millet Flour

Wheat and Gluten Free - Page 2 of 2

Product Name

Stone Ground Millet Flour, Organic

Millet Meal, Organic

Millet Hulled

Millet Hulled, Organic

Oat Flour, Wheat Free (Under 10 PPM)

Pearled Millet Flour (Bajri Flour)

Potato Flour

Quinoa Flour, Organic

Black Quinoa, Organic

White Quinoa, Organic

Red Quinoa, Organic

Sorghum Flour

Sweet White Rice Flour

Teff Flour

Teff Grain

White Rice Flour

Whole Bean (Romano) Flour

Whole Grain Flour, Gluten Free