

# Compare & Contrast



	Gluten Free	Wheat Free	Dairy Free	Peanut Free	Tree Nut Free	Egg Free	Soy Free	Dedicated GF NF Facility	GFCO Certified	Kosher	Vegan
<b>Enjoy Life</b>	X	X	X	X	X	X	X	X	X	X	X*
<b>Glutino (snack bars)</b>	X	X	X								
<b>Pure Bar (snack bars)</b>	X	X								X	X
<b>Pamela's (cookies)</b>	X	X									
<b>Mi-Del (cookies)</b>	X		X					X			
<b>Kinnickinnick (cookies)</b>	X	X									
<b>Udi's (cookies)</b>	X										
<b>Bakery On Main (granola)</b>	X	X									
<b>Go Raw (granola)</b>	X	X		X						X	
<b>Back to Nature (granola)</b>										X	
<b>Tropical Source (chocolate chips)</b>	X	X	X								X
<b>Sunspire (chocolate chips)</b>			X								
<b>Barbara's (cereal)</b>	X	X									X
<b>Chex (cereal)</b>	X	X									
<b>Nature's Path (cereal)</b>	X	X									

Based on product information and claims from company websites and packaging

\* Some Enjoy Life products are Vegan