

SALAD DRESSINGS

Annie's: Organic Buttermilk, Caesar, Cowgirl Ranch, Organic No Fat Yogurt Dressing with Dill, French, Organic Green Garlic, Honey Mustard Vinaigrette, Raspberry Vinaigrette, Tuscan Italian, Papaya Poppy Seed, Organic Green Goddess, Balsamic Vinaigrette, Artichoke Parmesan, Woodstock

Organic Ville: Organic Vinaigrette, Miso Ginger, Sun Dried Tomato & Garlic, Orange Cranberry, Olive Oil & Balsamic, Sesame Tamari, Herbs De Provence, Tarragon Dijon, Pomegranate

Nasoya Vegi-Dressing: Thousand Island, Garden Herb, Creamy, Italian, Creamy Dill, Sesame Garlic, Nayoanise

Drews: Buttermilk Ranch, Honey Dijon, Sesame Orange, Shiitake Ginger, Roasted Garlic

CONDIMENTS

Mediterranean Organic: Organic Red & Yellow Peppers, Stuffed Green Olives - Red Pepper, Garlic

Meditalia: Sundried Tomato Tapenade, Green Olive Tapenade, Black Olive Tapenade

Annie's Naturals: Organic Yellow Mustard, Organic Honey Mustard, Organic Dijon Mustard, Organic Horesradish Mustard, Organic Ketchup

Eden: Organic Brown Mustard

Cascadian Farm: Bread & Butter Chips, Kosher Dills, Sweet Relish

Heinz: Organic Tomato Ketchup

Premier Japan: Organic Teriyaki Sauce, Organic Hoisin Sauce
Fantastic Soup & Dip Onion Mix

Desert Pepper: Salsa Del Rio, Peach Mango, Pinto Bean Dip, Black Bean Dip, Tuscan White Bean

Green Mountain Gringo: Salsa



This brochure is intended to help people who are sensitive or allergic to gluten and/or wheat. The information presented is not intended as medical advice; please consult your health care provider concerning any medical condition.

Gluten is the generic name for certain types of proteins contained in the common cereal grains wheat, barley, rye, and possibly oats and derivatives from these.

Grains Allowed

Rice, Corn, Soy, Potato, Tapioca, Beans, Sorghum, Quinoa, Millet, Buckwheat, Arrowroot, Amaranth, Teff and Nut Flours.

Foods that Often Contain Gluten

Breading	Pastas
Broth	Processed Meats
Coating Mixes	Roux
Communion Wafers	Sauces
Croutons	Self-Basting Poultry
Imitation Bacon	Soup Bases
Imitation Seafood	Stuffing
Marinades	Thickeners

Always Read the Label

The key to understanding the GF diet is to become a good ingredient label reader. Foods with labels that list the following ingredients are questionable and should not be consumed unless you can verify they do not contain or are not derived from prohibited grains.

- Brown Rice Syrup (frequently made from barley)
- Caramel Color
- Dextrin (usually corn but may be derived from wheat)
- Flour or Cereal Products
- Hydrolyzed Vegetable Protein (HVP), Vegetable Protein, Hydrolyzed Plant Protein (HPP), or Textured Vegetable Protein (TVP)
- Malt or Malt Flavoring
- Malt Vinegar
- Modified Food Starch or Modified Starch from unspecified or forbidden source
- Mono- and Di-glycerides (in dry products)
- Flavorings in Meat Products
- Soy Sauce or Soy Sauce Solids
- Vegetable Gum

Grains NOT Allowed In Any Form

Wheat (Durum, Semolina, Kamut, Spelt), Rye, Barley, Triticale and possibly Oats.

Be a Food Detective

Call First

Verify ingredients by calling the manufacturer and specifying the ingredient and the lot number of the food in question. State your

needs clearly; be patient, persistent and polite.

If In Doubt, Go Without

If unable to verify ingredients or the ingredient list is unavailable—DO NOT EAT IT.

Wheat-Free is not Gluten-Free

Wheat-Free products may still contain rye, oats, barley or ingredients that are not Gluten-Free.

Converting Recipes to Gluten-Free

If you would like to adapt your favorite recipes, here are a few things to keep in mind.

Most gluten-free flours do not substitute cup for cup with wheat flour.

Each of the following can be substituted for 1 cup wheat flour:

7/8 cup white or brown rice flour

5/8 cup potato starch

1 cup soy flour plus 1/4 cup potato starch flour

1/2 cup soy flour plus 1/2 cup potato starch flour

1 cup corn flour

1 scant cup fine cornmeal

Resources:

Sully's Living Without Magazine
www.livingwithout.com

Gluten Intolerance by Beatrice Trum Hunter
A Keats Good Health Guide

Gluten Support Group of NW PA meets on the second Saturday of each month (excluding July & August) call (814) 838-7662 for more info.

Celiac Disease Foundation
13251 Ventura Blvd., Ste. 1
Studio City, CA 91604-1838
818-990-2354
www.celiac.org

Gluten Intolerance Group
15110 10 Ave. SW, Ste. A
Seattle, WA 98166-1820
206-246-6652
www.gluten.net

Celiac Sprue Assn. USA, Inc.
P.O. Box 31700
Omaha, NE 68131-0700
402-558-0600
www.csaceliacs.org

Remember some items may be labeled wheat free but are not gluten free. Always read labels.

CEREALS

Glutano Cornflakes

Enjoy Life Cinnamon Crunch Granola

Perky's: Nutty Rice, Perky O's Original, Perky O's Frosted

Erewhon: Cornflakes, Crispy Brown Rice with Mixed Berries, Crispy Brown Rice

Arrowhead Mills: Maple Buckwheat Flakes, Puffed Corn, Puffed Millet, Puffed Rice, Rice & Shine hot cereal

Health Valley Rice Crunch-Ems

Barbara's Puffins Honey Rice

Nature's Path/EnviroKidz: Organic Amazon Frosted Flakes, Organic Gorilla Munch, Koala Crisp, Honey'd Corn Flakes, Corn Flakes, Mesa Sunrise

Pocono Cream of Buckwheat Hot Cereal

Bob's Red Mill Brown Rice Hot Cereal

Ener-G Pure Rice Bran

BREADS/BAKED GOODS

Food for Life (frozen bread) : Brown Rice, White Rice, Rice Almond, Brown Rice Tortillas

Enjoy Life (frozen): Ryeless Rye Bread. Original Sandwich, Cinnamon Raisin Bagels, Blueberry Bagels

Lifestream (frozen) : Buckwheat Wild Berry Waffles

Nature's Hilights Brown Rice Pizza Crust (frozen)

Gillian's Foods: Gluten Free Pie Crusts (frozen)

Chebe (frozen)): Pizza Crust, Sandwich Buns, Pizza Dough Mix

Ener-G Breads: Brown Rice, Harvest, Tapioca, Brown Rice Yeast-Free

Kinnikinnick (frozen): Sunflower Flax Rice Bread, Italian White Tapioca Rice Bread, Hamburger Buns, Bagels, Candadi Yeast Free Rice Bread

Josef's Rice Bread (frozen)

Food By George (frozen): English Muffins - Currant Cinnamon, Plain, No-Rye Rye

COOKIES

Ener-G Granola Bars

Enjoy Life: double chocolate brownie, no-oats oatmeal, snicker-doodle, cocoa loco snack bar, very berry snack bar, caramel apple snack bar

EnviroKidz: Asst. Organic Crispy Rice Bars, Organic Animal Cookies Vanilla

Glutano: Apricot Biscuit, Custard Cream Biscuits

Glutino: Chocolate Dreams, Breakfast Bars-Apple

Pamela's: Assorted-check labels

Jennie's: Coconut Macaroons

Josef's: Graham Crackers, Sugar Cookies

Midel: Gluten Free Ginger Snaps

Kinnikinnick: Lemon Cranberry Cookies

Just Like Mom's: (frozen) Chocolate Chip Cookies

Nutrilicious: Gluten Free Chocolate Brownies, Gluten Free Cinnamon Donut

CRACKERS & SNACKS

Blue Diamond: Assorted Nut Thins

Edward & Sons: Brown Rice Snaps, Tamari Sesame

Glutano: Crackers

Glutino: Flax Crackers-Plain, Flax Crackers-Tomato Onion, Pizza Flavored Breadsticks, Sesame Breadsticks

Mary's Gone Crackers: Onion

Sesmark Rice Thins: Sesame, Cheddar, Brown Rice

Health Valley: Rice Bran Crackers

Ener-G: Rice Pretzels

Glutino: Pretzels

Wylde: Pretzels

Michael Season's: White Cheddar Cheese Puffs, Cheddar Cheese Puffs, Cheddar Cheese Curls, Ripple Potato Chips, Lightly Seasoned Potato Chips

Lundberg: Bean & Rice Chips - Pico de Gallo; Rice Chips - Santa Fe Barbecue, Sesame, Sea Salt , Rice Cakes - Organic Cinnamon Toast, Sesame Tamari, Apple Cinnamon, Buttery Caramel, Brown Rice, Wild Rice

GeniSoy: Soy Crisps - Assorted Varieties

Newman's Own: Light Butter Popcorn, Butter Popcorn, 94% Fat Free Popcorn

Real Foods: Corn Thin- Flax & Soy, Original

Green Mountain Gringo: Tortilla Strips

Koyo: Plain Rice Cakes

L ÅRA Bar: Assorted varieties

Organic Food Bar - Assorted Varieties

Pure Fit Food Bar- Assorted Varieties

BAKING

Gluten Free Pantry: Assorted Varieties

Namaste Foods: Sugar Free Muffins, Pizza Crust, Spice Cake, Vanilla Cake

Bob's Red Mill: Gluten Free Bread Mix, Gluten Free Pancake Mix, Gluten Free Brownie Mix, Wheat Free Biscuit & Baking Mix, All Purpose Gluten Free Baking Flour, Almond Meal Flour, Garbanzo & Fava Flour, Sorghum Flour, Quinoa Flour, Teff Flour, Potato Starch

Arrowhead Mills: All Purpose Baking Mix, Brownie Mix, Chocolate Chip Cookie Mix, Organic Brown Rice Flour, Organic Yellow Cornmeal

Ener-G: Rice Mix, Tapioca Starch Flour, Egg Replacer

PASTA

Thai Kitchen: Stir Fry Noodles, Pad Thai with Chili

Instant Noodles- Thai Ginger, Lemon Grass & Chili, Garlic & Vegetable, Bangkok Curry, Spring Onion

Annie's : Rice Pasta & Cheddar

Mrs. Leeper's: (bulk) Brown Rice Garlic/ Parsley Pasta, Brown Rice/Vegetable Penne Rigate, Corn Elbows

Ancient Harvest: (bulk) Corn/Quinoa Pagodas, Quinoa Spaghetti

Pastariso: (bulk) Brown Rice Elbows

Tinkyada: All

Nutrition Kitchen: Whole Soybean Pasta

Annie Chun's: Rice Noodles Original

Glutano: Tagliatelle

BEVERAGES

Oregon Chai: Chai Tea Latte Mix, Chai Tea Latte Mix Decaf, Chai Cider, Original Tea Latte, Green Tea Chai Late, Organic Original Chai Tea Latte, Caffeine Free Chai Tea Latte

Kombucha Wonder Drink: Oriental Blend, Asian Pear Ginger Blend, Himalayan Blend

Equal Exchange: Hot Cocoa Organic

Ghirardelli: Hot Chocolate

Green & Black: Organic Hot Chocolate, Maya Gold Hot Chocolate

Vance's: DariFree Beverage

Pacific Foods: Original Almond Beverage, Rice Low fat Plain

Vitasoy: Complete Original, Complete Vanilla, Lactose Free Vanilla Soymilk

Eden Foods: Eden Blend Rice & Soy Beverage, Original Edensoy Unsweetened

Silk: Organic Soymilk: Unsweetened, Plain, Vanilla, Very Vanilla

Natural Brew: Vanilla Cream Soda, Outrageous Ginger Ale, Draft Root Beer

The Switch: Black Cherry

Reeds: Original Ginger Brew, Premium Ginger Brew, Extra Ginger Brew, Raspberry Ginger Brew, Cherry Ginger Brew, Spiced Apple Brew

Blue Sky Natural Soda: Assorted Varieties

ENTREES, SIDE DISHES & SOUPS

Amy's: (frozen) Garden Vegetable Lasagna, Rice Macaroni & Cheese, Indian Palak Paneer, Brown Rice & Vegetable Bowls, Rice Pizza., Shepherds Pie, Enchiladas, Black Bean, Cheese, Spanish Rice & Beans, Organic Vegetarian Beans, Organic Refried Beans, Organic Canned Soups - Cream of Tomato, Split Pea, Lentil, Black Bean; Light Sodium Split Pea, Light Sodium Chunky Tomato Bisque, Lentil Vegetable; Organic Chili

Green Guru: Palak Paneer, Paneer Tikka Masala, Channa Masala, Dal Rajastani

Ian's: Chicken Fingers Kid's Meal, Gluten Free Chicken Nuggets, Gluten Free Lightly Breaded Fish Sticks

Glutino: (frozen) Macaroni & Cheese

Eden: Organic Sauerkraut, Aduki Beans, Black Beans, Garbanzo Beans, Cannellini Beans, Caribbean Black Beans, Kidney Beans, Navy Beans, Pinto Beans, Black Soy Beans, Organic Baked Beans, Organic Rice & Beans

Mrs. Leeper's: Cheeseburger Mac, Beef Lasagna, Chicken Alfredo, Creamy Tuna Dinner, Beef Stroganoff

Lundberg Rice Express (in a pouch): Santa Fe, Classic Beef

Barbara's Mashed Potatoes

Ancient Harvest: Quinoa, Inca Red - Quinoa Traditional

Food Merchant's: Polenta - Basil & Garlic, Traditional Italian, Sun dried Tomato Garlic

Cedar Lane: (frozen) Five Layer Mexican Dip

Cascadian Farm: (frozen) French Fries, Spud Puppies

Shelton's Turkey Chili

Organic Gourmet: Vegetable Bouillon, Low Sodium Vegetable Bouillon

Pacific Foods: Organic French Onion, Creamy Roasted Carrot Soup, Roasted Red Pepper & Tomato, Organic Creamy Butternut Squash, Organic Creamy Tomato; Vegetable Broth, Free Range Chicken Broth, Low Sodium Free Range Chicken Broth, Beef Broth, Chicken Stew, Beef Steak, Beef Steak Chili with Beans

Imagine: Organic - Creamy Tomato Basil, Sweet Potato, Creamy Tomato, Creamy Portobello Mushroom, Creamy Sweet Corn, Creamy Potato Leek, Creamy Butternut Squash, Creamy Broccoli; Organic No-Chicken Broth, Organic Free Range Chicken Broth, Organic Vegetable Broth

MEATS/DAIRY/SOY

Applegate Farms: Bacon, Hot Dogs, Lunch Meat

Shelton's : Hot Dogs, Sausage (check web page---www.sheltons.com)

Omega Food: Wild Salmon Burgers

Cascade Fresh: Assorted yogurt

Whole Soy & Co.: Assorted Soy Yogurt

Organic Valley: Cottage Cheese, Ricotta Cheese, Sour Cream, Low Fat Sour Cream

Zen Don: Soy Pudding

Light Life: Tofu Pups

Julie's: Organic Ice Cream Bar, Chocolate and Vanilla; Organic Ice Cream, Chocolate, Mocha Java, Mint Chip, Strawberry, Vanilla, Blackberry

Natural Choice Sorbet: Mango, Lemon

Organic Soy Delicious: Strawberry, Twisted Vanilla Orange, Neopolitan, Creamy Vanilla, Chocolate Velvet, Mint Marble Fudge

Soy Delicious Purely Decadent: Vanilla Swiss Almond, Cherry Nirvana, Turtle Trails, Rocky Road, Mint Chocolate Chip, Chocolate Obsession, Purely Vanilla