

Naturally Gluten Free Products

- Alcohol (distilled) Beverages
- **Amaranth***
- Beans, Peas, Legumes, Garbanzo
- Buckwheat-(Kasha)Whole Grain Flour-beware if combined with other Flours
- Butter-watch for additives
- Cheese-real unprocessed-not Roquefort
- Chickpeas
- Corn-Cornmeal, Polenta, Flour, Hasa Marina, Masa, Grits and Pasta
- Flax
- Fruits and Vegetables-Plain-Canned, Fresh, Frozen
- Juice
- Meats and Fish-Plain
- Milk, Eggs
- **Millet***
- Montina
- Oils-Vegetable, Canola
- Plain Nuts, Nut Flour
- Potato-Flour, Starch
- Quinoa-Whole Grain, Flour
- Rice-All forms-Whole grain, Flour, Rice Pasta
- Seeds
- Sesame
- Sorghum
- Soy Milk, Cheese, Tofu
- Tamari
- Tapioca-Whole Pearl, Flour
- **Teff-Grain, Flour***

*Ingredients to question

Naturally Gluten Free Ingredients:

- Annatto
- Arrowroot-Flour
- Baking Soda
- Caramel Color
- Carob
- Cellulose Gum
- Citric, Lactic, Malic Acids
- Corn Gluten
- Cream of Tarter
- **Dextrin***
- Dextrose
- Gelatin
- Glucose Syrup
- Glutinous Rice
- Guar Gum
- Herbs
- **Hydrolyzed Plant Protein (HPP)-usually okay in US***
- **Hydrolyzed Vegetable Protein (HVP)-usually okay in US***
- Lactose
- Lecithin
- Locust Bean Gum
- Maltitol
- Manioc (tapioca Flour)
- **Modified food Starch-if made in US***
- **Mono- and Diglycerides(dry)-usually okay in US***
- **MSG-monosodium glutamate***
- Nut Flour
- Oat Gum
- Sago
- **Seasonings-Pure Spices okay, Seasonings may contain additives***
- Silicon Dioxide
- Spices-plain
- Starch-in food-Potato, Tapioca, Corn
- Sucrose
- Tamari
- Tapioca Starch, Flour
- Vanilla and Vanilla Extract
- Vegetable Broth
- Vinegar-Distilled not Malt
- Xanthan Gum
- Yeast (except Brewers Yeast)
- **Yogurts-flavored-could contain Filler (All Natural Contains no Fillers)***

*Ingredients to question

Foods to Avoid:

- | | |
|---|--|
| ➤ Barley | ➤ Matzah |
| ➤ Barley Malt | ➤ Matzo |
| ➤ Beer-unless labeled Gluten Free | ➤ Pasta made from Wheat Flour |
| ➤ Bouillon Cubes | ➤ Ramen Noodles |
| ➤ Bran | ➤ Rye, Spelt, Kamut, Triticale, Oats (due to possible cross contamination) |
| ➤ Breaded Foods, Bread Crumbs | ➤ Seitan |
| ➤ Bulgur | ➤ Semolina |
| ➤ Cake Flour | ➤ Soy Sauce or Teriyaki Sauce-(unless Wheat free) |
| ➤ Couscous | ➤ Sprouted Wheat or Barley |
| ➤ Durum | ➤ Tabbouleh |
| ➤ Farina | ➤ Udon |
| ➤ Flour Tortillas | ➤ Vegetable Starch |
| ➤ Graham Flour, Crackers | ➤ Wheat Germ or Bran |
| ➤ Hydrolyzed Wheat Protein | ➤ Wheat Starch-Modified |
| ➤ Maltodextrin | ➤ Wheat-Grains, Flours, Pasta, Sprouted |
| ➤ Malt-Vinegar, Flavoring, Syrup, and Extract | |

Natures Market

- The Nature's Market carries a variety of national brand gluten free foods.
- When cooking from scratch try combining Gluten-free flours to improve the texture. You can also add tapioca to help hold it together.
- We have numerous items that actually state they are GF to help a customer like you shop with confidence. We are also labeling these items with signs to call out that they are GF so you can find these items quickly.
- For baking the best thickener to use is Xanthan Gum. It's a bit expensive but you only need to use a small amount.
- Thicken gravies with potato starch.

Produce:

- Fruits and vegetables do not contain gluten.
- Fill out your diet with at least two servings of fruit and three servings of vegetables.

Deli and Bakery:

- Visit the Natures Market for Gluten Free breads, bagels, and other bakery items.
- All Private Selection Deli Meats have no gluten containing ingredients. However, speak with your Deli Manager to make arrangements to have your deli meats and cheeses sliced either first thing in the morning or after the slicers have been cleaned, due to the risk of cross contamination.

General Grocery:

- Be sure to read the ingredient statement.
- Most soups contain wheat and/or barley.
- Dried and canned beans are healthy items that, most times, do not contain gluten.
- Most canned vegetables and canned fruits do not contain any gluten containing ingredients.
- Rice is a great grain alternative for those following a gluten free diet. Be sure to check the ingredients on flavored rice products.
- Boxed instant potatoes are many times free of gluten containing ingredients. To avoid risk of cross contamination it is best to make your own mashed potatoes.
- All private label puddings and gelatins do not have any gluten containing ingredients.
- Most condiments do not contain gluten, but always read the ingredients and if you are unsure, check with the manufacturer.
- All Private Label regular mustard, mayonnaise, and ketchup have no gluten containing ingredients.
- All Private Label peanut butters, jellies, and jams are made with no gluten containing ingredients.
- Couscous is wheat so you need to avoid it.
- Some soy sauces can contain gluten, be sure to check the ingredients and/or contact the manufacturer.

Baking Aisle:

- Many times spices are single ingredient items that contain nothing but the spice itself and therefore do not contain any gluten. Many seasoning blends are blends of spices and should be checked by the manufacturer for any processing agents.
- Check the Nature's Market for your favorite baking mixes in a gluten free variety.
- All Private Label baking chips and chunks have no gluten containing ingredients.
- All varieties of sugar do not contain any gluten. They are just sugar.
- Most cooking and baking sprays do not contain gluten. Beware of baking sprays that contain flour.
- Cooking oils just contain the oil and are safe to eat.
- Distilled Vinegar is allowed because the distilling process removes any trace of gluten but you should avoid Malt Vinegar.

Cereal:

- Many rice cereals also contain malt and would not be suitable to eat.
- Be sure to ask about cross contamination when checking the gluten status of cereals with manufacturers.
- Check the Nature's Market for a wide variety of gluten free cereals.
- Oats do not inherently contain gluten but are often cross-contaminated in the field where they are grown or in the manufacturing facility. Check the Nature's Market for Gluten Free oats that are grown and manufactured in gluten free areas.

Beef, Pork, Poultry, and Fish:

- Most fresh meat, pork, poultry, and fish are sold plain, with nothing added. These are the best meats to choose.
- You can also purchase frozen varieties of plain meat, pork, poultry, and fish with nothing added.
- Check with the manufacturer when broth is added to meat, pork, or poultry.
- Be sure to check the ingredients on processed meats such as bologna, hot dogs, lunchmeats, and sausages. Many of these items are made without gluten containing ingredients, but it is always important to double check.

Frozen Foods:

- Most frozen vegetables and fruits are sold without any added ingredients. These would be the easiest options when shopping gluten free.
- Beware of frozen vegetables in sauces. Check the ingredients to make sure the sauces do not contain any gluten containing ingredients.
- Avoid ice creams with cake or cookie pieces in them.
- Many fruit popsicles are also safe to consume.

Dairy:

- All Private Label yogurts are made without gluten containing ingredients.
- Most cheeses are made without gluten containing ingredients. Beware of cheeses such as blue cheese and Roquefort. If there are any ingredients in question, contact the manufacturer.
- Milk does not contain any gluten, but avoid chocolate milk made with malt, malted milk, and some non-dairy creamers.
- Eggs are gluten free
- Butter and margarine do not contain gluten.
- Most sour creams and cottage cheeses do not contain gluten.

Beverages and Snacks:

- Soy and Rice beverages do not contain gluten.
- Most carbonated beverages do not contain gluten
- Most drink mixes are made without gluten containing ingredients. Avoid those with malt.
- Coffee and tea are naturally gluten free.
- Most liquors contain gluten.
- Purchase snacks that are corned based, but always check the ingredients.
- Air popped popcorn is a good gluten free snack.

Over-The-Counter Medications, Vitamins, Supplements, and Personal Hygiene

- Due to the fact that some individuals are so sensitive to any amount of Gluten, personal care companies are starting to label their products Gluten Free.
- Many personal care items from Tom's of Maine, Burt's Bees, Kiss My Face and Dr. Bronners are Gluten Free.
- Supplement companies are also starting to place Gluten Free labels on their products.

- Always check with the manufacturer of these products, as these can be sources of gluten too.

*Check labels for gluten containing additives and gums and ask questions about unlisted ingredients added during processing.