



# GLUTEN-FREE PRODUCTS

## WHAT IS GLUTEN?

Gluten is the general name for one of the proteins found in wheat, rye and barley. It is the substance in flour that forms the structure of dough, the "glue" that holds the product together, and it is also a leavening ingredient. These grains are used in breads, cereals, pasta, pizza, cakes, pies and cookies and as added ingredients in many processed foods.

## WHY CHOOSE GLUTEN-FREE?

Some people choose a gluten-free diet because they are allergic to or intolerant of wheat. There is a growing number of people who are gluten-sensitive. They experience relief from seasonal allergies, digestive problems and other immune issues when they follow a diet free from wheat, barley and rye—the sources of gluten. A gluten-free diet is essential for people who have celiac disease or dermatitis herpetiformis (a gluten-induced skin sensitivity). Celiac disease is a condition which involves an inability to digest gluten. Manufacturers are continuously creating new gluten-free products to meet a growing demand and the Co-op's goal is to provide a wide array of options for all dietary preferences. Look for shelf tags labeling "Gluten Free" items when shopping for your favorite alternatives.

## A NOTE ABOUT OATS:

Studies have revealed that some people with celiac disease experience immune responses to oats, although it is not certain why, because oats do not naturally contain gluten. The current popular theory is that most oats grown in the U.S. have been cross-pollinated by nearby fields of wheat, rye or barley, and are further contaminated during processing. In response to this theory, there are now oats available that have been grown and processed in isolation and have been extensively tested for the presence of gluten and are labeled as "gluten-free oats." As always, customers are encouraged to use their own judgement when buying these products. That also goes for products available in the Co-op's Bulk Department, as cross contamination may occur in the bins.

### Resources

Gluten Intolerance Group  
[www.gluten.net](http://www.gluten.net)

Celiac Disease Foundation  
[www.celiac.org](http://www.celiac.org)

Gluten Free Travel  
& Dining Reviews  
[www.glutenfreetravelsite.com](http://www.glutenfreetravelsite.com)

Gluten-Free Girl & the Chef  
[www.glutenfreegirl.com](http://www.glutenfreegirl.com)

National Foundation  
for Celiac Awareness  
[www.celiaccentral.org](http://www.celiaccentral.org)

North American Society  
for Pediatric, Gastroenterology,  
Hepatology and Nutrition  
[www.naspghan.org](http://www.naspghan.org)

### Sources:

*Healing with Whole Foods* by Paul Pitchford  
Children's Digestive Health and Nutrition Foundation [www.CDHNF.org](http://www.CDHNF.org)  
Mayo Clinic [www.mayoclinic.org](http://www.mayoclinic.org)

## GLUTEN-FREE GRAINS & FLOURS:

|                                  |                                  |
|----------------------------------|----------------------------------|
| Amaranth                         | Potato Flour                     |
| Arrowroot                        | Quinoa                           |
| Buckwheat                        | Rice                             |
| Coconut Flour                    | Rice Bran                        |
| Corn (maize)                     | Sorghum                          |
| Flax                             | Soy (but not most<br>soy sauces) |
| Millet                           | Tapioca                          |
| Flours made from<br>nuts & beans | Teff                             |
| Potato Starch                    |                                  |

## GRAINS & PRODUCTS CONTAINING GLUTEN:

|  |                  |
|--|------------------|
| Barley   | Kamut            |
| Barley Malt/Extract<br>(malt flavoring, malt<br>vinegar) | Matzo Flour/Meal |
| Bran   | Orzo             |
| Bulgur   | Panko            |
| Couscous   | Rye              |
| Durum  | Seitan           |
| Einkorn  | Semolina         |
| Emmer  | Spelt            |
| Farina   | Udon             |
| Farro  | Wheat            |
| Freekeh  | Wheat Bran       |
| Graham Flour   | Wheat Germ       |
|  | Wheat Starch     |

Any of the following words on food labels usually means that a grain containing gluten has been used:

- Stabilizer
- Starch
- Flavoring
- Emulsifier
- Hydrolyzed Plant Protein

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## GLUTEN-FREE SHOPPING LIST

Here is a list of items that are typically gluten free. Companies make regular changes to recipes, so we recommend that you always double check the ingredient list to verify that the items are gluten free.

### Produce

All fresh and frozen fruits and vegetables are gluten free

### Meat, Fish, Poultry

Fresh Beef  
Fresh Pork  
Fresh Poultry  
Fresh Fish and Seafood  
Eggs

### Beverages

100% Fruit Juice and Drinks  
Coffee, Tea, Cocoa  
Soy Milks  
Almond Milks  
Soft Drinks  
Coconut Water  
Kombucha

### Dairy

Milk and Cream  
Aged Cheese (caution: some processed cheeses contain gluten)  
Most Yogurts and Kefirs  
Butter and Margarine  
Cream Cheese  
Cottage Cheese  
Sour Cream

### \*Cereals & Grains

Gluten-Free Pasta  
Puffed Rice  
Plain Brown or White Rice  
Corn Tacos/Tortillas  
Gluten-Free Breads,  
Buns, Pizza Crusts

\*See Gluten-Free Grains list on opposite side

### Wine/Cider/Beer

Wine and cider are gluten free. Some gluten-free free beers are available.

### Snacks

Gluten-Free Pretzel Sticks  
Potato Chips (caution: flavored chips)  
Corn Chips and Popcorn  
Rice Crackers, Rice Cakes, Rice Chips  
Plain Nuts and Seeds  
Gluten-Free Cookies & Desserts  
Chocolate

### Packaged & Canned

Plain Fruits and Vegetables  
Canned Fish  
Dried Beans, Lentils, Peas  
Most Baked Beans  
Gluten-Free Baking Mixes  
Gluten-Free Soups  
Gluten-Free Oats  
\*Gluten-Free Flours

### Bulk

The Bulk Department has many whole grains, beans, nuts, and dried fruits. Try these as substitutes for wheat or in gluten-free baking.  
Amaranth  
Beans and Legumes  
Brown Rice and Brown Rice Flour  
Buckwheat and Buckwheat Flour  
Corn and Corn Flour  
Millet  
Nut Butters  
Potato Flakes and Potato Flour  
Quinoa and Quinoa Flour  
Guar Gum and Xanthan Gum  
Teff Flour

*Note: Those diagnosed with Celiac disease should be aware of cross-contamination possibilities in bulk bins.*

### Frozen & Refrigerated Foods

Gluten-Free Frozen Meals  
Gluten-Free Nuggets  
Gluten-Free Battered Fish  
Plain Fruits and Vegetables  
Most Ice Cream and Sherbet  
Gluten-Free Frozen Waffles  
Gluten-Free Pizza  
Gluten-Free Bread  
Gluten-Free Pie Crust  
Tofu

### Condiments

Jams, Jellies and Marmalade  
Wheat-Free Tamari  
Nut Butters  
Salsa  
Hummus  
Spices and Herbs  
Relish, Pickles, Olives  
Ketchup, Mustard, Mayonnaise  
Distilled Vinegars (not malt vinegar)  
Most Salad Dressings  
Pasta Sauces  
Liquid Aminos

### Sweeteners

Agave Nectar  
Brown Rice Syrup  
Brown, White and Powdered Sugar  
Fructose  
Corn Syrup  
Honey  
Maple Syrup  
Molasses  
Sorghum  
Stevia Extract  
Sucanat  
Turbinado