Gluten-containing foods and ingredients to avoid

- Ale
- Atta
- Barley
- Beer
- Brewer's Yeast
- Bromated Flour
- Bulgur
- Couscous
- Cracked Wheat
- Dinkel (Spelt)
- Durum
- Einkorn
- Emmer
- Farina
- Farro or Faro
- Fu
- Graham Flour
- Hydrolyzed Wheat Protein
- Kamut
- Lager
- Malt
- Malt Extract
- Malt Syrup
- Malt Flavoring
- Malt Vinegar
- Malted Milk
- Matzoh
- Matzoh Meal
- Modified Wheat Starch
- Oats/Oatmeal
- Panko
- Rye
- Self-rising Flour
- Seitan
- Semolina
- Spelt
- Triticale
- Wheat
- Wheat Bran
- Wheat Flour
- Wheat Germ
- Wheat Starch
- White Flour



Other foods and products that may contain gluten

- Bouillon Cubes
- Breading and Coating Mixes
- Broth
- Brown Rice Syrup
- Candy
- Cereal Products
- Communion Wafers
- Cosmetics
- Cream
- Croutons
- Flavored Instant Coffee
- Flour
- Gravies
- Herbal Supplements
- Hot Dogs
- Ice Cream
- Imitation Bacon
- Imitation Seafood (Surimi)
- Laxatives
- Lotions
- Over-the-Counter Medications
- Non-Dairy Creamers
- Marinades
- Mouthwash
- Nutritional Supplements
- Pastas
- Playdough
- Prescription Drugs
- Processed Deli Meats
- Rice and Soy Beverages
- Rice Mixes
- Rice Paper
- Root Beer
- Salad Dressing
- Sauces
- Sausage
- Seasoning Mixes
- Self-basting Poultry
- Soup Bases
- Soy Sauce
- Stuffing, Dressing
- Thickeners
- Toothpaste
- Vegetables in Sauce
- Vitamin and Mineral Supplements

GLUTEN-FREE RESOURCES

National Institutes of Health,
Celiac Awareness Campaign
www.celiac.nih.gov

Gluten Intolerance Group
www.gluten.net

Celiac Sprue Association
www.csaceliacs.org

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

Living Gluten Free for Dummies by Danna Korn

The Gluten Free Gourmet by Bette Hagman

Gluten Free Diet: A Comprehensive Resource Guide by Shelley Case

Gluten-Free Living Magazine
www.glutenfreeliving.com

Living Without Magazine
www.LivingWithout.com

Delight Gluten Free Magazine
http://delightglutenfree.com/

The Essential Gluten-Free Grocery Guide,
The Essential Gluten-Free Restaurant Guide,
Gluten-Free Dining Cards
www.triumphdining.com

Toast-It! Bags
www.celinalfoods.com/toastitbags.php

healthy ideas™

Stop&Shop®

Visit our website for more information on a gluten-free lifestyle at **stopandshop.com**

Living Gluten-free



Stop&Shop®

stopandshop.com



According to the National Institutes of Health, 3 million Americans have celiac disease. Celiac disease is an immune disorder in which gluten damages the lining of the small intestine. Symptoms may include digestive problems such as diarrhea and bloating as well as fatigue, joint pain, depression, anemia, low bone density and weight gain or loss.

The only treatment for celiac disease is a lifelong gluten-free diet. The good news is that this way of eating helps to heal the small intestine and alleviate symptoms.

What is gluten?

Gluten is a mixture of proteins found in wheat, barley and rye as well as hybrids of these grains such as spelt, triticale or kamut. Some people with celiac disease also can't tolerate the proteins in oats.

Who should follow a gluten-free diet?

Your physician can order testing to determine if you have celiac disease and need to follow a gluten-free diet. Eliminating gluten is also useful for gluten intolerance and, with reported success, in conditions such as autism and ADHD.

Following a strict gluten-free diet when not medically prescribed poses a significant risk for inadequate intake of folic acid, B vitamins, iron, calcium, vitamin D and fiber. If you have both celiac disease and diabetes, be aware that gluten-free breads, pasta and snacks may not have the same amount of carbohydrate as regular products. A registered dietitian/nutritionist can help you identify gluten-free foods and plan a nutritionally balanced gluten-free diet.

How to find gluten-free foods

There are plenty of naturally gluten-free foods that will provide the nutrients you need to stay healthy. The best way to stay gluten-free is to choose fresh foods and cook from scratch as much as possible.

Coming Soon! Gluten-Free Shelf Tags

Look for our new GLUTEN-FREE logo on product shelf tags throughout the store!

GLUTEN FREE



Gluten-free Shopping List

Meat, Fish and Poultry
- ❑ Fresh or frozen (plain)
- ❑ Gluten-free deli meats

Legumes
- ❑ Canned or dry beans: kidney, black, soy, etc.
- ❑ Gluten-free canned baked beans
- ❑ Lentils, split peas

Nuts and Seeds
- ❑ Almonds, peanuts, pecans, walnuts
- ❑ Pumpkin, sesame, sunflower seeds
- ❑ Nut butters: peanut, almond, cashew

Fats and Oils
- ❑ Butter or margarine
- ❑ Vegetable oil: canola, olive, etc.
- ❑ Gluten-free salad dressings

Dairy
- ❑ Milk: whole, 2%, 1% or skim
- ❑ Milk powder
- ❑ Yogurt
- ❑ Cheese
- ❑ Eggs

Fruits
- ❑ Fresh, canned or frozen (plain)
- ❑ Dried fruits

Bread, Cereal, Pasta, Snacks
- ❑ Gluten-free bread, bagels, buns, pizza crust
- ❑ Gluten-free frozen breads, waffles, muffins, cakes
- ❑ Amaranth, buckwheat, corn, millet, quinoa, rice, soy cereal
- ❑ Gluten-free corn flakes
- ❑ Gluten-free crisp rice
- ❑ Cream of buckwheat or rice, cornmeal
- ❑ Gluten-free pasta: corn, potato, quinoa, rice, soy
- ❑ Gluten-free crackers
- ❑ Gluten-free plain or flavored rice cakes
- ❑ Gluten-free oatmeal, if tolerated

Vegetables
- ❑ Fresh, canned or frozen (plain)
- ❑ Tomato paste
- ❑ Canned tomatoes

Grains and Starches
- ❑ Amaranth grains and flour
- ❑ Arrowroot starch
- ❑ Bean flours
- ❑ Buckwheat groats
- ❑ Corn
- ❑ Cornstarch
- ❑ Cornmeal
- ❑ Flax seeds or Flax seed meal
- ❑ Mesquite flour
- ❑ Gluten-Free Millet
- ❑ Montina flour
- ❑ Nut flours: almond, hazelnut, pecan
- ❑ Potato flour and starch
- ❑ Quinoa grains and flour
- ❑ Rice: brown, wild, white
- ❑ Rice bran and rice polish
- ❑ Rice flour: brown, white
- ❑ Sago
- ❑ Sorghum flour
- ❑ Soy flour
- ❑ Sweet potato flour
- ❑ Tapioca (cassava, manioc)
- ❑ Teff
- ❑ Yucca

Condiments and Spices
- ❑ Gluten-free barbecue sauce
- ❑ Black pepper
- ❑ Onion powder
- ❑ Garlic powder, fresh garlic
- ❑ Honey, molasses
- ❑ Jam, jelly, marmalade
- ❑ Ketchup, plain mustard, relish
- ❑ Gluten-free pizza and pasta sauce
- ❑ Gluten-free salsa
- ❑ Gluten-free soy sauce
- ❑ Sugar: brown, white
- ❑ Vanilla
- ❑ Vinegar (except malt vinegar)

Miscellaneous
- ❑ Baking soda
- ❑ Gelatin
- ❑ Gluten-free baking powder
- ❑ Gluten-free bread/muffin mix
- ❑ Gluten-free pancake/waffle mix
- ❑ Gluten-free puddings
- ❑ Gluten-free soups
- ❑ Guar gum
- ❑ Xanthan gum

Helpful hints for going gluten-free

- Always read the label. It's very important to read every label every time.
- Recipes, distributors or ingredient sources can change. If in doubt, go without. Don't eat a food if there is no ingredient list or if you are not sure whether the ingredients are gluten-free. If you're unsure of the ingredients, call the food manufacturer for more information.
- Wheat-free is not necessarily gluten-free. "Wheat-free" products may contain rye, barley, spelt or other gluten-containing grains or gluten may be hidden in ingredients. Some grains that are naturally gluten-free, such as oats or millet, may be cross-contaminated with gluten during growing, harvesting or processing. Look for the words "gluten-free" on the package to be safe.
- Avoid cross-contamination from gluten-containing foods.
  - Avoid buying products from bulk bins.
  - Store all gluten-free products in separate, covered containers with labels.
  - Use a separate cutting board for gluten-free foods and prepare foods in an area away from gluten-containing ingredients.
  - Buy separate containers of peanut butter and jam for gluten-free users. Have a separate butter dish. Use squeeze bottles of condiments.
  - Keep a second toaster, use a toaster oven with a removable rack that can be washed or try Toast-It! Bags (see Gluten-Free Resources).