

## Gluten-containing foods and ingredients to avoid

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



## Other foods and products that may contain gluten

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

## GLUTEN-FREE RESOURCES

National Institutes of Health,  
Celiac Awareness Campaign  
[www.celiac.nih.gov](http://www.celiac.nih.gov)

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

Celiac Sprue Association  
[www.csaceliacs.org](http://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](http://www.glutenfreeliving.com)

Living Without Magazine  
[www.LivingWithout.com](http://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](http://www.triumphdining.com)

Toast-It! Bags  
[www.celinafoods.com/toastitbags.php](http://www.celinafoods.com/toastitbags.php)



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gluten-free lifestyle at [MartinsFoods.com](http://MartinsFoods.com)

# Living Gluten-free



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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 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).