

gluten-free @ wheatsfield

This list functions only as a guide and will help get you started. Please note that ingredients in products are subject to change without notice. We recommend that you verify that the product remains gluten-free by checking the ingredients yourself, or by contacting the manufacturer.

bread

	aisle
Against the Grain Bagels, Rolls, Baguettes.....	frozen
Ener-G Breads, Buns	9
Food for Life Bread & Tortillas.....	frozen
Glutino Breads, Bread Sticks.....	9
Glutino Flaxseed Bread.....	frozen
Hol-Grain Brown Rice Bread Crumbs.....	2
Kinnikinnick Donuts, Bread, Pizza Crusts.....	frozen
Maria & Richards Tortillas.....	frozen
Udi's Breads.....	frozen

breakfast items

Bakery on Main Granola.....	3
Barbara's Puffins Cereals (select varieties).....	3
Bob's Red Mill Oats, Hot Cereal, Creamy Rice.....	3
EcoPlanet Hot Cereal.....	3
Eden Buckwheat Hulled Whole Grain.....	3
Enjoy Life Bars & Cereal.....	3
Envirokids Cereals, Crispy Rice Bars.....	3
Erewhon Cereal.....	3
Glutino French Toast.....	frozen
Go Raw Granola.....	6
Kinnikinnick Donuts.....	frozen
Nature's Path Buckwheat Waffles.....	frozen
Nature's Path Cereals.....	3
New England Naturals Cereal.....	3
Sunshine Breakfast Patty.....	frozen
Udi's Muffins.....	frozen
Van's Waffles.....	frozen

beer

Redbridge GF Beer.....	beer
Bard's Bard's Gold.....	beer

pasta & grains

	aisle
Ancient Harvest Pasta.....	4
Annie's Rice Pasta & Cheddar.....	4
Bionaturae Pasta Line.....	4
DeBoles Pasta Line.....	4
Eden Quinoa.....	4
Explore Asia Bean Pasta.....	4
Gillian's Pasta.....	4
Lundberg Brown Rice Couscous, Pasta & Risotto.....	4
Mrs. Leepers Pasta.....	4
Pastariso Mac & Cheese.....	4
Road's End Organics Mac & Cheese.....	4
Tinkyada Pasta.....	4

grains, mixes & flours

Against the Grain Pizza Crust.....	frozen
Bob's Red Mill GF Flours & Baking Mixes.....	2
Chebe Bread Mixes.....	2
Ener-G Rice Bran, Crumbs & Egg Replacer.....	2
Gluten Free Pantry Flour and Baking Mixes.....	2
Glutino Bread Crumbs.....	2
Kinnikinnick Angel Food Cake Mix.....	2
Kinnikinnick Pizza Crust.....	frozen
Lundberg Brown Rice Couscous.....	3
Namaste Mixes.....	2
Pamela's Cookie & Baking Mixes.....	2
Simply Organic Baking Mixes.....	2

meals & soups

Amy's Pizza.....	frozen
Amy's Rice Macaroni & Cheese.....	frozen
Annie's Rice & Pasta Cheddar.....	4
Bahama Rice Burger.....	frozen
Dr. McDougall's Soups.....	4
Edward & Sons Miso Soup.....	4
Gluten Free Cafe Frozen Meals.....	frozen
Glutino Mac & Cheese, Frozen Dinners, Pizzas.....	frozen
Pastariso Mac & Cheese.....	4
Road's End Organics Mac & Cheese.....	4
Shelton's Chicken Broth.....	4
Sunshine Falafel Patty.....	frozen

snacks

	aisle
Alpsnack Hemp Bars.....	5
Annie's GF Bunny Cookies.....	3
Betty Lou Coconut Macadamia Balls.....	5
Blue Diamond Nut Thins.....	3
Boulder Canyon Rice & Adzuki Bean Chips.....	5
BumbleBars Bars.....	5
Clif Kid Fruit Leather (select varieties).....	5
Eden Rice Snaps.....	3
Ener-G Pretzels.....	5
Enjoy Life Candy Bars.....	5
Enjoy Life Chewy Bars.....	3
Envirokids Crispy Rice Bars.....	3
Foods Alive Flax Crackers.....	3
Food Should Taste Good Chips.....	5
Glutino Cookies & Crackers.....	3
Glutino Pretzels.....	5
Go Macro Macronutrient Bars.....	5
GoRaw Granola, Superchips & Bars.....	6
Jennies Chocolate Macarons.....	3
Kind Bars (select varieties).....	5
Larabars Bars (select varieties).....	5
Laughing Giraffe Snakaroons.....	9
LizLovely Cookies.....	9
Lundberg Rice Cakes.....	3
Lundberg Rice Chips.....	5
Mary's Gone Crackers Crackers and Cookies.....	3
Mi-Del Ginger Snaps.....	3
Miguel Plantain Strips, Tortilla Chips.....	5
Natural Nectar Cracklebread.....	3
Plum Fruit Fiddlesticks.....	3
San-J Black Sesame Rice Crackers.....	3
Sesmark Rice Thins.....	2
Sprinkles Confetti.....	2
Taza Mexican Chocolate.....	5

misc

Eden Soy Unsweetened Soymilk.....	3
Edward & Sons Mashed Potatoes.....	4
San-J Wheat-free Tamari.....	4

wellness

Our Wellness staff will help you find gluten-free products in the wellness aisle.

quick guide to gluten-free living

gluten-free grains

Rice
Corn
Millet
Teff
Quinoa
Buckwheat
Wild Rice
Amaranth
Sorghum

foods to avoid

Grain Flour *(of grains not listed above)*
Spelt, Durum, Semolina *(found in most pasta)*
Malt or Cereal Extract
Malt Flavorings
Malt Vinegar

check labels for

Soy Sauce *(many contain wheat)*
Modified Food Starch
MSG
Hydrolyzed Vegetable Protein
Natural Flavors
Other Food Additives *(many contain wheat)*

baking alternatives

Beans and Bean Flours
Nuts and Nut Flours
Potato Starch
Arrowroot Flour
Tapioca Flour
Cornstarch

gluten-free resources

@ wheatsfield

Browse our book selection for gluten-free and allergy related cookbooks and resource books.

Visit our Aisle 7 kiosk located in aisle 7 and on our website for gluten-free recipes and more gluten-free living information.

websites

www.celiac.com

Celiac Disease and Gluten-free Diet Information

www.glutenfreeda.com

Gluten Freeda

www.celiac.org

Celiac Disease Foundation

www.csaceliacs.org

Celiac Sprue Association

www.gluten.net

Gluten Intolerance Group

blogs

thesavvyceliac.com

Everything from product reviews to policy.

glutenfreegoddess.blogspot.com

Advice, recipes and inspiration

glutenfreehope.blogspot.com

Recipes and thoughts on being gluten-free.

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Gluten-Free

WHEATSFIELD SHOPPING GUIDE

fear not...

Wheatsfield is the place for *Gluten-Free* living! Whether your shopping for a friend or were recently diagnosed with a gluten intolerance this guide will help you find gluten-free products throughout the co-op.

Please feel free to ask any staff member if you have questions or need help finding an item.

what's on this list

The following list includes products that are labeled as "gluten-free". Many manufacturers of gluten-free products often make similar products that contain gluten in the same facility. If you have a severe allergy make sure to check labels!

**GLUTEN
FREE**

Look for these shelf tags
around the store to help
find gluten-free items.

what's not on this list

Anything that is obviously gluten-free is not included here (jams, spices, herbs, fresh produce, dairy).

Also, anything that is produced in our Deli or Bakery or anything in our bulk aisle. While many of these products are gluten-free, we do not have a certified gluten-free kitchen or bulk aisle. If you have a severe allergy we do not recommend unpackaged food items.

updated May 2010