

baking

Chocolate Dreal Semi Sweet Baking Chips	2
Enjoy Life Mini Chocolate Chips	2
Eylon Marshmallows	2
I-Baking Chocolate Chip Cookie Dough	refrig.
Let's Do...Organic Shredded Coconut, Sprinkles	2
Lundberg Brown Rice Syrup	2
MimicCreme Almond & Cashew Cream	2
Once Again Honey	2
Sweet Tree Coconut Palm Sugar	2
Wholesome Sweeteners Agave	2

perishables

Brown Cow Yogurt Entire Line	refrig.
Earth Balance Spreads	refrig.
Kevita Coconut Probiotic Drink	refrig.
Redwood Hill Farm Yogurt	refrig.
So Delicious Coconut Milk, Yogurt	refrig.
Stonyfield Yogurt Entire Line	refrig.
SuperNatural Yogurt, Sour Cream, Cottage Cheese	refrig.
Whole Soy & Co Soy Yogurts	refrig.
Wildwood Soy Yogurts	refrig.
Wildwood Pastaslim Shirataki Noodles	refrig.

gluten-free grains

Rice	Teff	Wild Rice
Corn	Quinoa	Amaranth
Millet	Buckwheat	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
Hydrolyzed Vegetable Protein
Natural Flavors
Other Food Additives (*many contain wheat*)

baking alternatives

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

gluten-free resources

@ wheatsfield

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

Visit our *Aisle 7 / Heathnotes* 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.

Wheatsfield Cooperative
413 Northwestern Ave. Ames, IA
 **515.232.4094** 
www.wheatsfield.coop



Gluten-Free

WHEATSFIELD SHOPPING GUIDE

fear not...

Wheatsfield is the place for *Gluten-Free* living! Whether you're 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 November 2011

gluten-free @ wheatsfield

This list functions as a guide to 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. Some products may have been added or discontinued.

bread

	aisle
Against the Grain Bagels, Rolls, Baguettes	frozen
Bob's Red Mill Pizza Crust Mix	2
Ener-G Breads, Buns	9
Food for Life Bread & Tortillas	frozen
French Meadow Tortillas	frozen
Glutino Bread Sticks	9
Glutino Breads	frozen
Kinnikinnick Donuts, Pizza Crusts	frozen
Udi's Breads, Pizza Crusts, Buns, Bagels	frozen

breakfast items

Amy's Tofu Scramble Meal	frozen
Ancient Harvest Quinoa Flakes	2
Barbara's Puffins Cereals (select varieties)	3
Beeler's Breakfast Sausages	meat
Bob's Red Mill Oats, Hot Cereal, Creamy Rice	3
Eden Buckwheat Hulled Whole Grain	4
Enjoy Life Bars & Cereal	3
Envirokids Cereals, Crispy Rice Bars	3
Erewhon Cereal	3
Ian's Wafflewich	frozen
Kinnikinnick Donuts	frozen
Nature's Path Waffles	frozen
Nature's Path Cereals	3
New England Naturals Cereal, Granola	3
Shelton Turkey Sausages	meat
Sol Cuisine Veggie Breakfast Patties	frozen
Sunshine Breakfast Patty	frozen
Udi's Muffins, Cinnamon Rolls	frozen
Udi's Granola	3
Van's Waffles	frozen

misc

Bove's Pasta Sauce	4
Dave's Gourmet Butternut Pasta Sauce	4
Edward & Sons Mashed Potatoes	4
Enrico's Pasta Sauce	2
I.M. Healthy All Spreads	2
Maranatha Nutbutters All	2
Natural Desserts Jel Dessert	2
Peanut Wonder All Spreads	2
Republic of Tea Entire Line	2
San-J Wheat-free Tamari	3
Sunbutter Sunflower Seed Spread	2

pasta & grains

Ancient Harvest Pasta	4
Andean Dream Quinoa Pasta	4
Annie's Rice Pasta & Cheddar	4
Bionaturae Select Products	4
DeBoles Pasta Line	4
Explore Asian Bean Pasta	4
Jovial Brown Rice Pasta	4
Lundberg Brown Rice Couscous, Pasta & Risotto	4
Pastariso Mac & Cheese	4
Road's End Organics Mac & Chreese	4
Tinkyada Pasta Line	4

grains, mixes & flours

Against the Grain Pizza Crust	frozen
Andean Dream Spaghetti	4
Bob's Red Mill GF Flours, Baking Mixes, Baking Soda	2
Chebe Bread & Pizza Mixes	2
Ener-G Rice Bran, Crumbs & Egg Replacer	2
Fearn Brown Rice Baking Mix	2
Food Merchants Polenta	4
Gluten Free Pantry Flour, Baking Mixes, Pie Crust	2
Glutino Bread Crumbs	2
Hain, Rumford Baking Powder	2
Immaculate Select Cookie Dough	refrig.
King Arthur Cake Mix	2
Kinnikinnick Pancake and Waffle mixes	2
Mrs. Leepers Corn Elbows	4
Pamela's Cookie & Baking Mixes	2
Simply Organic Baking Mixes	2

meals & soups

Amy's Pizza, Mac & Cheese, Lasagna, Burgers, Burritos	frozen
Annie's Rice & Pasta Cheddar	4
Bell & Evans Grilled Chicken Breast, Nuggets	meat
Blake's Shepherd's Pie	frozen
Blue Horizon Crab & Salmon Cakes	meat
Dr. McDougall's Soups, Ramen	4
Edward & Sons Miso Cup Soup	4
Eden Select Chilis	4
Garrett Co. Chicken Bites	meat
Ian's Chicken Patties, Nuggets, Fish Sticks	meat
Kettle Cuisine Soups	frozen
Kitchen Basics Beef & Chicken Broth	4
Plant Pure BBQ Tempeh	frozen
Seitenbacher Vegetarian Broth	4
Shelton Chicken Broth, Canned	4
Sunshine Burger Falafel Patty, Burgers	frozen
Tandoor Chef Meals	frozen

aisle

snacks

	aisle
Alpsnack Hemp Bars	5
Andian Dream Cookies	3
Annie's GF Bunny Cookies	3
Back to Nature Select Crackers	3
Betty Lou Coconut Macadamia Balls	5
Blue Diamond Nut Thins	3
Boulder Canyon Rice, Bean, Potato & Hummus Chips	5
BumbleBars Bars	5
Clif Kid Fruit Leather (select varieties)	5
Edward & Sons Rice Snaps	3
Ener-G Crackers	5
Enjoy Life Candy Bars	5
Enjoy Life Chewy Bars, Cookies	3
Envirokids Crispy Rice Bars	3
Ella's Organic Fruit Pouches	4
Food Should Taste Good Chips	5
Glutino Cookies, Crackers, Bars	3
Go Macro Macronutrient Bars	5
GoRaw Granola, Superchips & Bars	6
Happy Baby Yogurt Snacks, Puffs	3
Inka Chips Plantain Chips	7
Jennies Chocolate Macarons	5
Kind Bars (select varieties)	9
Kinnikinnick Graham Crackers	3
Larabars Bars (select varieties)	5
Lesser Evil Kettle Corn	5
Let's Do Organic Sugar Cones	3
LizLovely Cookies	9
Lundberg Rice Cakes	5
Lundberg Rice Chips	3
Mary's Gone Crackers Crackers	3
Mary's Gone Crackers Sticks & Twigs	5
Mi-Del Ginger Snaps	5
Native Forest Canned Fruits	4
Natural Nectar Cracklebread	3
Pamela Cookies	3
Pirate Snacks	5
Rhythm Superfoods Kale Chips	
Sesmark Rice Thins	2
Snikiddy Baked Fries	5
Snyders of Hanover Pretzels	5
The Mediterranean Snack Food Co Lentil Chips	5
Udi's Cookies	Frozen

beer

Greens GF Amber Ale	beer
Bard's Bard's Gold	beer
New Grist GF Beer	beer
St. Peters Sorgham Ale	beer