

Gluten-free Product and Information Guide

Community 
FOOD CO OP

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Gluten-free Information

How to use the guide

This guide is **not** a list of every gluten-free product that the Co-op carries - it is a list of grocery products that specify on their packaging that they are gluten-free and are carried at **both** Community Food Co-op locations.

Anything that is naturally gluten-free is not on the list, like herbs, spices, dairy (without fillers), meat (without fillers), fresh produce, juice, etc. Bakery and Deli items are also not included on this list – while we offer dozens of items (on a rotating basis) that are made with no gluten ingredients, we are not a certified gluten-free facility. We take every precaution to avoid cross-contamination, but we encourage those who have allergies/intolerances to practice caution when eating foods not prepared in a certified gluten-free facility.

If a company produces products that are gluten-free and some that aren't, then it is indicated that only some of their products are marked as gluten-free. If you see just a brand listed, all of their products are gluten-free.

This information will not replace any that is given to you by your doctor/nutritionist/naturopath, and is meant as a general guide to make your shopping trip a little smoother. It is important to remember that if you have allergies, *you should be reading the ingredient labels for every product you buy*, especially in a conventional grocery store, as gluten can take many forms including “natural flavors” in an ingredient list (see *Read the Label!* under *Helpful Information*).

We offer many gluten-free recipes on our website and on our blog, *Sassy Sampler*. You can find them at http://www.communityfood.coop/?page_id=154 and www.communityfoodcoop.wordpress.com.

Notes: The Cordata store has a slightly larger selection of gluten-free items than the Downtown store, and both locations have additional items not on this list. You can always ask a staff member to help you find what you are looking for, as many of us eat gluten-free diets as well! *Living Without Magazine* (www.LivingWithout.com) has also allowed us to include “Substitution Solutions”, including what to use if you can't tolerate eggs, milk, etc. as well as some recipes for GF flour blends for various baking needs.

Please feel free to contact me (Melissa Elkins) if you have any questions about this guide or gluten-free products at the Co-op at sassysampler@communityfood.coop.

FAQs

What is Gluten? Gluten is a protein found in wheat and in smaller amounts in rye, oats, barley, triticale, spelt, kamut, and farro/emmer.

What is gluten sensitivity/intolerance? Gluten sensitivity implies that there is an ongoing immune reaction to gluten in the diet. The reaction begins in the small intestine, damaging the villi – tiny, fingerlike projections in the small intestine that absorb the nutrients from food.

Why eat gluten-free foods? If you have been diagnosed with: Celiac Disease, Dermatitis Herpetiformis, a wheat allergy/sensitivity/intolerance, an auto-immune condition, or you have allergies...

People diagnosed with these conditions are generally told to lead a gluten-free lifestyle for the rest of their lives. If you believe that you are suffering from any of these conditions, it is strongly recommended that you be tested by a medical professional before starting a gluten-free diet. There are over 200 symptoms and conditions related to, but not exclusive to, gluten intolerance. Going on a gluten-free diet without a diagnosis could severely limit the ability of your physician to properly treat you for a serious medical condition.

What should I do if I think I have gluten intolerance? Please visit your trusted health care practitioner for an allergy test. You may also eliminate gluten from your diet as a test - elimination diets are a good way to determine if you have sensitivity to a specific category of foods, but be sure to discuss any changes in your diet with your doctor/naturopath/dietician before making any permanent or drastic changes.

Helpful Information

Gluten-free Grains and Flours

- Rice
- Corn
- Soy
- Potato
- Tapioca
- Bean Flours
- Sorghum
- Quinoa*
- Millet*
- Buckwheat*
- Arrowroot
- Amaranth*
- Teff
- Nut Flours

See an article on GF flours in the June 2010 edition of our newsletter *Co-op Community News* on our website at <http://www.communityfood.coop>

*these flours/grains may cause issues for people with severe Celiac Sprue disease.

Grains and Flours that **contain** Gluten (avoid these)

- Wheat (durum, graham, kamut, semolina, spelt)
- Rye
- Barley
- Triticale
- Farro/Emmer
- Non-GF oats

Oats

Unless specified as gluten-free, oats are not a risk-free choice when living with gluten intolerance. Most oats are processed in facilities that also process other grains so cross-contamination becomes an issue. If you would like to include oats in your diet and have further questions, please consult your dietician or physician, and/or choose a certified GF variety.

Read the Label!

The key to understanding the GF diet is to be a good label reader and to keep your eyes out for questionable ingredients. The following ingredients should not be consumed unless you can verify that they are, in fact, gluten-free:

- Caramel Color
- Dextrin (usually corn but may be derived from wheat)
- Hydrolyzed Vegetable Protein (HVP), Vegetable Protein, Hydrolyzed Plant Protein (HPP), or Textured Vegetable Protein (TVP)
- Malt Vinegar or Malt Flavoring
- Modified Food Starch or Modified Starch from unspecified or forbidden source
- Mono- and Di-glycerides (in dry products)
- Flavorings in Meat Products
- Soy Sauce/Shoyu or Soy Sauce Solids
- Vegetable Gum
- Oats, oat-based products, oat flour
- Natural flavors
- Wheat germ oil and wheat starch
- Food starch (could come from wheat)
- MSG (monosodium glutamate)
- Teriyaki sauce (it is usually made with soy sauce/shoyu)

Watch out for these products that can contain gluten.

- Breading
- Coating mixes
- Some chocolate
- Licorice
- Marinades/Sauces/ Gravies
- Nutritional supplements
- Mineral supplements
- Herbal supplements
- Drugs and over the counter medications
- Body care products such as shampoo, lotion, conditioner, make-up
- Lunchmeats
- Frozen dinners
- Most prepared food (restaurants, delis, etc.)
- Grain alcohol (distilled alcohol and wine are gluten-free)
- Hot dogs/Sausages
- Cooking sprays

Be a Gluten Detective

If you are unsure of a product's ingredients, you may want to call or write the manufacturer to verify its safety. Specify the product and the lot number when calling and/or emailing, and be persistent - your health is important!

If in doubt, go without!

If you are unable to verify ingredients or the ingredient list is unavailable, it is best to avoid the product and to find a substitute. Hidden gluten abounds at most restaurants, so be sure you ask the server questions about how your dish will be prepared. There are many local restaurants that have gluten-free menus (though it is worth noting that almost all of them are not dedicated GF establishments, so keep this in mind when ordering) and you can find a list of them in the June 2010 edition of the Co-op Community News on our website at <http://www.communityfood.coop>.

Wheat-free is NOT Gluten-free!

Products labeled wheat-free are not necessarily gluten-free. They may still contain rye or barley based ingredients. (See article on the last page in the July/August 2010 edition of the *Co-op Community News* on our website at <http://www.communityfood.coop>).

Where are the bulk items?

We have chosen to omit our bulk items from this list. Although we do have an extensive stock of bulk items that are, in theory, gluten-free (rice, grains, beans, dried fruit, etc.), we can't assure you that at some point in processing an item hasn't been cross-contaminated. Our grocery staff is diligent and careful in their stocking process, but nothing from a bulk bin can be guaranteed as gluten-free once it has left the packaging that the manufacturers have sent it in.

Where are the Bakery/Deli items?

Our Swan Bakery and Deli both produce items with no gluten ingredients. We do not have a certified gluten-free kitchen, but we take every precaution to avoid cross-contamination. For this reason, no Deli or Bakery items are included on this list. While someone with a mild sensitivity to gluten would probably have no issues with our in-house produced gluten-free items (we use Bob's Red Mill certified GF flours in our GF baked goods), those with Celiac and other autoimmune diseases should avoid any foods that are not produced in a gluten-free facility.

Substitution Solutions from *Living Without* Magazine

Milk - Replace 1 cup cow's milk with one of the following:

- 1 c soy milk (plain)
- 1 c rice milk
- 1 c fruit juice
- 1 c water
- 1 c coconut milk
- 1 c goat's milk, if tolerated
- 1 c hemp milk

Buttermilk – Replace 1 cup buttermilk with one of the following:

- 1 c soy milk + 1 T lemon juice or 1 t white vinegar (let stand until slightly thickened)
- 1 c coconut milk
- 7/8 c rice milk
- 7/8 c fruit juice
- 7/8 c water

Yogurt – Replace 1 cup yogurt with one of the following:

- 1 c soy yogurt or coconut yogurt
- 1 c soy sour cream
- 1 c unsweetened applesauce
- 1 c fruit puree

Butter – Replace 8 Tablespoons (1 stick) butter with one of the following:

- 8 T (1 stick) Fleischmann's unsalted margarine
- 8 T Earth Balance (non-dairy) Buttery Spread
- 8 T Spectrum Organic Shortening
- 8 T vegetable or olive oil

Butter, cont. - For reduced fat:

- 6 T unsweetened applesauce + 2 T fat of choice

Eggs – Replace 1 large egg with one of the following:

- 3 T unsweetened applesauce (or other fruit puree) + 1 t baking powder
- 1 T flax meal or salba seed + 3 T hot water (Let stand, stirring occasionally, about 10 minutes or until thick. Use without straining.)
- Egg Replacer, according package directions
- 4 T pureed silken tofu + 1 t baking powder

Replacing more than two eggs will change the integrity of a recipe. For recipes that call for a lot of eggs, like a quiche, use pureed silken tofu. Because egg substitutions add moisture, you may have to increase baking times slightly.

Note: To replace one egg white, dissolve 1 T plain agar powder into 1 T water. Beat, chill for 15 minutes and beat again.

Nuts – Replace tree nuts or peanuts with an equal amount of the following:

- Toasted coconut
- Sunflower seeds
- Toasted sesame seeds (use only 2 – 3 T)
- Crushed cornflakes
- Crushed crispy rice cereal
- Crushed potato chips
- Pumpkin seeds

Gluten-Free Flour Substitutions

From www.LivingWithout.com

To make a flour blend, thoroughly combine all ingredients. Store in a covered container in the refrigerator until used. You can double or triple these recipes to make as much flour mix as you need.

All-Purpose Flour Blend

Use this blend for all your GF baking.

- ½ c rice flour
- ¼ c tapioca starch/flour
- ¼ c cornstarch or potato starch

Each cup contains 436 calories; 1g total fat, 0g saturated fat, 0g trans fat; 0mg cholesterol; 99g carbohydrate; 3mg sodium; 2g fiber; 5g protein

High-Fiber Flour Blend

This high-fiber blend works for breads, pancakes, snack bars and cookies that contain chocolate, warm spices, raisins or other fruits. It is not suited to delicately flavored recipes, such as sugar cookies, crepes, cream puffs, birthday cakes or cupcakes.

- 1 c brown rice flour or sorghum flour
- ½ c teff flour (preferably light)
- ½ c millet flour
- 2/3 c tapioca starch/flour
- 1/3 cornstarch or potato starch

Each cup contains 428 calories; 2g total fat, 0g saturated fat, 0g trans fat; 0mg cholesterol; 92g carbohydrate; 19mg sodium; 5g fiber; 8g protein

High-Protein Flour Blend

This nutritious blend works best in baked goods that require elasticity, such as wraps and pie crusts.

- 1 ¼ c bean flour (your choice) chickpea flour or soy flour
- 1 c arrowroot starch, cornstarch or potato starch
- 1 c tapioca starch/flour
- 1 c white or brown rice flour

Each cup contains 588 calories; 3g total fat, 0g saturated fat, 0g trans fat; 0mg cholesterol; 128g carbohydrate; 24mg sodium; 6g fiber; 11g protein

Self-Rising Flour Blend

Use this blend for muffins, scones, cakes, cupcakes, or any recipe that uses baking powder for leavening.

- 1 ¼ c white sorghum flour
- 1 ¼ c white rice flour
- ½ c tapioca starch/flour
- 2 t xanthan or guar gum
- 4 t baking powder
- ½ t salt

Each cup contains 514 calories; 3g total fat, 0g saturated fat, 0g trans fat; 0mg cholesterol; 113g carbohydrate; 1163mg sodium; 8g fiber; 10g protein

Gluten-free Product List

Baby Products

Baby's Only Toddler Formula

Happy Baby

- Happy Yogi
- Happy Puffs

Baking Ingredients/Flours/Mixes

Ancient Harvest Organic Quinoa Flour

Argo Corn Starch

Arrowhead Mills Pancake Mix

Bob's Red Mill GF products (clearly marked)

Coconut Secret

Ener-G Egg Replacer

Ener-G Baking Powder

Edward & Son's Sprinkelz

Gluten-Free Pantry products

Glutino mixes

Let's Do Organic Cornstarch and

Coconut products

Lundberg Brown Rice Syrup

Madhava coconut sugar

Pamela's mixes (all varieties)

Rumford Baking Powder

Spectrum Organic Vegetable Shortening (butter flavor and original)

Xyla sweetener

Wholesome Sweeteners Blue Agave

Beer

Green's Beer

Red Bridge Beer

Lakefront New Grist

Crispin Hard Cider

Angry Orchard Hard Cider

Harvester Brewing Co.

Beverages (non-dairy)

Blue Diamond Almond Breeze and Blends, Assorted Flavors

Beverages (Non Dairy) continued

Living Harvest Hemp Milk, Assorted Flavors

Pacific Foods – Almond, Hemp, Ultra Soy, Hazelnut

So Delicious Coconut Milk

Imagine Rice, Soy, Coconut, Blends, and Hemp Dream; Horchata

Bread Products

*These items are in the frozen section

Against the Grain Gourmet baguettes and pizza*

Canyon Bakehouse breads *

Ener-G Foods bread, pizza crust, bread crumbs

Flax 4 Life Flax Muffins

Food for Life breads, Assorted GF Varieties*

Franz Gluten-free bread

Glutino Bread Products*

Glutino Bread Crumbs

Ian Gluten-free Panko

Julian Bakery Paleo bread * and wraps

Kinnikinnick Foods Products*

Olivia

Rustic Crust pizza crust

Rudi's Gluten-free bread*

Schär products

Udi's Products*

Broth

Imagine Organic Free-Range and Low Salt Broths and stocks and Cooking Stock

Pacific Foods Organic Low-Sodium Broths

Pacific Foods Organic Broths

Cereals/Granola

Arrowhead Mills Maple Buckwheat Flakes and Organic Rice and Shine
Barbara's Puffins
Bob's Red Mill (select hot cereals)
Enjoy Life
Erewhon Crispy Brown Rice Cereal
Glutenfreeda Instant Oatmeal
Go Raw granola
Kind granola
Lulu's Essential granola
Nature's Path (assorted boxes and bags labeled as gluten-free, including oatmeal)
On Degree (select varieties)
Sister's Baking Company granola
Udi's Granola
Van's cereal

Chips/Pretzels/Popcorn

479° Popcorn
Alive & Radiant Foods Kale Chips
Beanitos Chips
Bearitos Corn Chips
Beanfield's bean and rice chips
Boulder Chips – variety marked GF
Boulder Bean Chips
Cabo Chips
Crunchmaster Edemame Chips
Earth Balance popcorn
Food Should Taste Good Chips
Glutino pretzels
Good Boy Organics
Hardbite chips
Jackson's Potato Chips
Kettle Baked Potato Chips
Kettle Potato Chips
Lundberg Rice & Multigrain Chips
Mary's Gone Crackers products
Pacific Kale Chips
Pirate Brands - Robert's (all varieties)
Pop Chips
Popcorn Indiana chips and popcorn
Que Pasa chips

Chips/Pretzels/Popcorn, continued

Real McCoy's rice puffs
Simply 7 Quinoa chips
Snyder's of Hanover GF pretzels
Tim's Cascade Potato Chips
Van's Chips
Way Better Snacks chips

Condiments/Dressings

*Items are refrigerated
Annie's Vinaigrettes and select dressings
Annie's BBQ Sauce
Annie's OG Ketchup
Annie's OG Horseradish Mustard
Bragg – select dressings
Drew's Dressings and Organic Balsamic dressing
Edward & Son's "The Wizard"
Worcestershire Sauce
Follow Your Heart Veganaise (assorted varieties)*
Lea and Perrins Worcestershire Sauce
Organicville dressings, mayo, ketchup and mustard
Sir Kensington mustards and ketchups
Wildwood mayonnaise *

Cookies/Snacks

*items are refrigerated
Amy's candy bars (select varieties)
Annie's Organic Bunny Fruit Snacks
Bumble Bars
Clif Bar Twisted Fruit
Coconut Secret bars
Coco-Roons
Core Bars
Cybele's Cookies
Enjoy Life Cookies
Epic bars
Ginny Bakes cookies
Glutino Products
Go Raw Flax Snax

Cookies/Snacks, continued

Gorge Delight Just Fruit bars
Health Warrior Chia bars
Immaculate Baking Co. cookie dough *
Jovial cookies
Justin's Peanut Butter Cups
Kind bars
Kinnikinnick cookies
Lärabar
Laughing Giraffe Organics snackaroons
Lundberg Rice Cakes
Mi-Del

- GF Ginger Snaps
- GF Arrowroot Cookies
- GF Chocolate Chip Cookies

Nature's Path and Envirokidz gluten-free granola bars
Pamela's Cookies and bars
Panda jelly beans
Raw Cha Cha chocolates
Raw Revolution bars
Real Foods Corn Thins
Schär products
Surf Sweets gummies
Suzi's Thin Cakes
That's It fruit bars
Two Mom's truffle bars
Udi's cookies
Veggie-Go's fruit/veggie strips
Yummy Earth Organic Lollipops
Zing bars

Crackers

Back to Nature GF cracker line
Blue Diamond Nut Thins
Edward & Son
Glutino Table Crackers
Mary's Gone Crackers
Oregon Cracker
Schär products
Sesmark Rice Thins

Ethnic Foods

Amy's Refried Beans
Annie Chun's Roasted Seaweed Snacks
Annie Chung's Rice Express
Chomperz Seaweed Chips
Jyoti Heat and Serve Canned Entrees (variety – marked as GF)
FimMe Roasted Seaweed snacks
La Victoria Salsa Brava and Green Taco Sauce
Let's Do Organic creamed coconut
Los Pericos Tostadas
Maseca Tamale Flour
Mori-Nu tofu (aseptic container)
Native Forest Coconut Milk
Ohsawa gluten-free organic tamari
Organicville

- Sesame Teriyaki Sauce
- Island Teriyaki Sauce

Premier Japan Hoisin Sauce
San J Sauces (various)
Sky Valley Sriracha sauce
So Delicious culinary coconut milk
Tasty Bite Indian Cuisine (variety)
Thai Kitchen

- Curry paste
- Chili Paste
- Peanut Sauce
- Pad Thai Sauce
- Coconut Milk
- Fish Sauce

Frozen Meals/Snacks

Against the Grain Gourmet Pizza
Amy's (various products marked GF)
Applegate GF Chicken Nuggets
Cedarlane GF Enchilada Pie and GF Enchilada Meal(s)
Conte's Gluten-free pastas and meals
Feel Good Foods dumplings
Glutenfreeda Burritos

Frozen Meals/Snacks, continued

Glutino
Julie's Gluten-free Ice Cream
Sandwiches
Kinnikinnick Donuts
Organic (Artisan) Bistro entrees
Stark Raving Gluten-free Pizza
Van's GF Waffles (assorted GF varieties)
Udi's Pizza, Pizza Crust, and Muffins

Grocery/Misc.

*Items are refrigerated
Ah! Laska Organic Chocolate Syrup
Andrew and Everett 100% real grated
parmesan cheese (pasta aisle)
Bragg Liquid Aminos
Coconut Secret Coconut Aminos
Daiya "Cheese" *
Edward & Son's Organic Mashed
Potatoes
Edward & Son's GF Ice Cream Cones
Follow Your Heart vegan gourmet
cheese alternative *
Go Veggie! cheeze
Grainaissance Mochi *
Lizanatti rice cheeze
Native Forest – select products
Road's Ends Organics Quick Gravy
Santa Cruz Chocolate Flavored Syrup
Wildwood Tofu Burger *

Margarine

Earth Balance Buttery Spreads (assorted,
excluding buttery sticks)

Pasta

*Items are refrigerated
Ancient Harvest Quinoa Pasta
Andean Dream pasta

Pasta, continued

Annie's Rice GF Pasta mixes
Annie Chun's Pad Thai and Maifun
noodles
Bionature GF Pastas (variety)
DeBoles gluten-free pasta
DeLallo gluten-free orzo
House Foods shirataki noodles *
Jovial gluten-free pasta
Lundberg

- Risotto (all varieties)
- OG Brown Rice Pasta

Mrs. Leepers GF Pastas (variety)
Road's End Organics Penne and Cheese
Schär products
Sea Tangle Noodle Co. kelp noodles
Tinkyada Rice Pastas (variety)
True Roots gluten-free pasta

Pasta Sauce

Simply Organic Alfredo mix
Del Grosso Pasta Sauces

Soup

Amy's Soups (*excluding* those with pasta)
Amy's Chili
Dr. McDougall's Soups (*excluding*
Minestrone and Split Pea)
Edward & Son's Miso Cup (large box)
Gluten Free Café soups
Pacific Aseptic Soups – select soups
Thai Kitchen Instant Noodle Soups
Wolfgang Puck Signature Tortilla and
Chicken and Wild Rice soups

Tortillas

Food for Life Brown Rice Tortillas
Maria and Ricardo gluten-free tortillas
Mi Rancho organic corn tortillas
Sonoma Teff Tortillas
Udi's Flour Tortillas

Wellness Department – Body Care

Shampoo and Hair Care

Acure
Allafia * (except Shea & Honey shampoo and conditioner)
Andalou *
Aubrey
Botanique
Desert Essence (except Tea Tree shampoo and conditioner)
Everyday Shea * (except Vanilla Mint)
TheraNeem
Uncle Harry's

Face Care

Acure
Alaffia *
Andalou *
Aubrey
Desert Essence (select products)
Gabriel Cosmetics
MyChelle *

Cosmetics

Ecco Bella Mascara *
Gabriel Cosmetics *
MyChelle *
Zuzuluxe

Dental Care

Desert Essence
Botanique
TheraNeem
Uncle Harry's

Deodorant

Nutribiotic
Desert Essence (except Tea Tree Lavender)
Schmidt's

Bar Soap

Acure
Dr. Bronner's *
South of France *

Lip Balm

Dr. Bronner's *
Love & Toast

Liquid Soaps

Allafia Black Soap
Andalou *
Desert Essence
Dr. Bronner's *
E.O.
Everyday Shea (excluding Vanilla Mint)
Moon Valley Organics (local product)

Lotion/Balms

Acure
Alaffia
Andalou *
Badger *
Desert Essence/Organics
Dr. Bronner's *
E.O.
Love & Toast *
Sibu
TheraNeem

Foot Care

Badger Foot balm *

Baby Care

Earth Mama Angel Baby – foaming washes and baby lotion
Everyday Shea

*Gluten-free not stated on packaging, but we have contacted the company to inquire about what products they have that are gluten-free. There are companies and products not listed that do not contain gluten ingredients but may be processed or manufactured in a facility that does.

Please ask a Wellness staff member for help in finding the right gluten-free body care and supplement products for your lifestyle. This is not a complete list and is meant only as a shopping aid.