

REFERENCES

BOOKS

Allergy Cooking with Ease by Nicolette M. Dumke • *Celiac Disease* by Dr. Peter Green & Rory Jones • *The EVERYTHING Gluten-Free Cookbook* by Rick Marx & Nancy Maar • *Full of It* by Dr. Rodney Ford MD* • *Gluten-Free Diet-Comprehensive Resource* by Shelley Case RD* • *The Gluten Free Gourmet* by Betty Hagman* • *Good Food Gluten-Free* by Hilda Cherry Hill • *Special Diet Solutions* by Carol Lee Fenster • *Wheat-free Worry-free* by Danna Korn*

* Indicates several other books by author

WEBSITE

www.celiac.com
www.gicare.com
www.glutenfreegirl.com
www.gfkitchen.server.com
www.csaceliacs.org
www.kidswithfoodallergies.com
www.anncollins.com
www.paleofood.com
www.celiac.ca
www.wheatfreerecipes.com
www.myglutenfreerecipes.com
www.GFlinks.com
www.enjoylifefoods.com
www.dogtorj.net
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www.pamelasproducts.com
www.doctorgluten.com
www.thefooddoc.com
www.krispin.com
www.naturalfeast.com
www.wholegraincouncil.org
www.savorypalate.com
www.foodforlife.com
www.annies.com
www.orgran.com

GLUTEN-FREE FOODS

The following is a hand resource guide to help anyone suffering or considering a gluten-free diet. With all the many types of foods out there, its hard to weed out the gluten. Below is a list of the primary sources and hidden sources of gluten. The list also includes safe sources of grains, starch, proteins, essential fatty acids and dietary supplements all of which are beneficially to our health.

PRIMARY SOURCES OF GLUTEN

Wheat • *Semolina* • *Durum* • *Spelt* • *Farro*
• *Triticale* • *Kamut* • *Rye* • *Barley* • *Oats*

HIDDEN SOURCES OF GLUTEN

Baking Soda • *Binders* • *Brown Rice Syrup* • *Caramel Coloring* • *Cheese (shredded & blue)* • *Coatings* • *Dextrins* • *Dispersing Agents* • *Emulsifiers* • *Excipients* • *Extracts* • *Fillers* • *Flavorings* • *Condiments* • *Grain Alcohol* • *Homeopathic Remedies* • *Hydrolyzed Protein* • *Hydrolyzed Plant or Vegetable Protein (HPP & HVP)* • *Malt or Malt Flavoring* • *Malt Vinegar* • *Modified Starch* • *Mono-and di-glycerides* • *Oils* • *Preservatives* • *Pharmaceuticals* • *Soy Sauce* • *Spices* • *Starch* • *Vegetable Gum* • *Vegetable Protein* • *Vitamins*

SAFE CARBOHYDRATES, GRAINS & STARCHES

Arrowroot • *Amaranth* • *Beans* • *Buckwheat* • *Corn* • *Fruits* • *Indian Ricegrass* • *Legume Flour* • *Mesquite Flour* • *Millet* • *Nut Flours* • *Nuts/Seeds* • *Quinoa* • *Potato Flour* • *Rice* • *Rice Bran* • *Sorghum* • *Soy* • *Sweet Potato Flour* • *Tapioca* • *Teff* • *Vegetables*

SAFE PROTEINS & PROTEIN POWDERS

Beans • *Beef Grass-fed/finished* • *Chicken* • *Dairy* • *Eggs (Protein)* • *Fermented Soy (Protein)* • *Fish* • *Hemp Protein Powder* • *Pea Protein* • *Pork* • *Rice Protein* • *Turkey* • *Whey Protein*

ESSENTIAL FATTYACIDS

Black Current Oil • *Borage Oil* • *Flax Oil* • *Fish Oil* • *Hemp Oil* • *Olive Oil* • *Palm Kernal Oil* • *Safflower Oil* • *Sesame Oil* • *Sunflower Oil*

GLUTEN-FREE DIETARY SUPPLEMENTS

Country Life • *Enzymedica* • *Ethical Nutrients* • *Fresh & Natural Foods Brand Label* • *Kirkman Laboratories* • *Klaire Labs* • *Northern Nutrition* • *Pioneer Nutritional Formulas*

LOCATIONS

HUDSON

PLAZA 94 SHOPPING CENTER
1701 WARD AVENUE
(715) 377-9913 - (657) 730-1660

PLYMOUTH

FOUR SEASONS MALL
HWY. 169 & ROCKFORD ROAD
4234 LANCASTER LANE
(763) 559-0754

SHOREVIEW

SHOREVIEW VILLAGE MALL
HWY. 96 & LEXINGTON AVE.
1075 WEST HIGHWAY 96
(651) 203-3663

STORE HOURS

MONDAY-SATURDAY 9:00 AM - 9:00 PM
SUNDAY 9:00 AM - 7:00 PM



www.freshandnaturalfoods.com

LIVING GLUTEN-FREE WITH

**FRESH & NATURAL
FOODS**



HEALTHY STARTS HERE
YOUR FINE FOODS, HEALTH CONSCIOUS GROCER

LIVING

Nearly 1 in every 133 Americans now suffers from celiac disease or a gluten sensitivity, many knowingly. While severity and symptoms vary from person to person, if ignored, it can cause damage to the digestive tract, weaken immunity and increase risk of diseases. Recent research is also suggesting nearly one in every 10 Americans may suffer from gluten sensitivities.

WHAT IS GLUTEN?

Gluten is a fibrous protein that can be hard to digest for many. It is found in wheat, barley and rye, although many other foods are made with gluten or have been cross contaminated with gluten. Another reason to read labels.

WHY GO GLUTEN-FREE?

Gluten-free foods availability is rapidly expanding. More and more individuals are going gluten-free for numerous reasons. Some from the suggestion of family or friends that have tried a gluten-free diet and it helped improve their health symptoms. Others by a health care practitioner who has determined that an individual is sensitive or allergic to gluten. Going gluten-free is not a trend, it is a dietary change that will continue to grow for years to come. Many health professionals have stated that a gluten-free diet is a safe and very healthy diet.

READING LABELS

Reading labels is very important for everyone, especially for those who have sensitivities or allergies to specific ingredients. In 2008, new label laws that have been proposed are expected to include "gluten" making it the ninth ingredient that has to be listed on all the food product labels.

SHOPPING & EATING

A growing number of Americans are being diagnosed with gluten allergies and sensitivities. These conditions require strict adherence to a gluten-free diet to prevent reactions. Shopping for such specialty diets can be frustrating, especially in the beginning. We can ease your transition.

The staff at Fresh & Natural Foods understands the possible complications surrounding gluten allergies and sensitivities. Every team member receives training from our on-staff nutritionist, so we can help you safely shop and eat.



The red arrow on shelf tags indicates gluten-free products

CONVENIENT LABELING

Look for the red arrow shelf tags at each of our store locations to indicate gluten-free products. Have other restricted dietary needs? Fresh & Natural Foods also offers other color coated shelf tags to make shopping a more convenient experience.

While we made every effort to be accurate, our resources are not a substitute for your own diligent label reading and should not be considered medical advice. Fresh & Natural Foods cannot be held responsible for individual reactions to any products. We cannot guarantee a product is not cross-contaminated, and manufacturers may alter ingredients and production processes. If a label does not specify "gluten-free," assume it may contain gluten. Always check with the manufacturer if a product is questionable.

VENDOR LIST

Condiments, Dressings & Oils

Annie's Organics - Daddy Sams - Drew's - Eden - Hain - Organic Ville - Nasoya - Spectrum

Pasta, Cereal, Rice, Grains, Mixes, Soup & Broth

Alti Plano Gold - Ancient Harvest - Arrowhead Mills - Authentic Foods - Barbara's - Bio-nature - Bi-Aglut - Bob's Red Mill - Boves Pasta Sauce - Ceros - Chebe - DeBoles - Ener-G Foods - Enjoy Life Foods - Erewhon - Fantastic Foods - Featherweights - Food Merchants Polenta - Glutano - Glutino - Gluten-Free Pantry - Hain Purefoods - Heartlands Finest - Imagine Soups - Kinnikinnick Foods - Lara's - Lundberg - Mrs. Leppers - Namaste Foods - Natures Path - Orgran - Pacific Grain - Pastariso - Perky's - Roads End - Sylvan Border Farms - Tamarind Tree - Tinkyada - Vans

Meat

Applegate Farms - Beelers - Billinski's - Ian's Fishsticks - Sheltons - Sunshire

Snacks & Crackers

Aldsnack - Blue Diamond - Bumble Bars - Cerrone - Crispy Cat - Edward & Sons - Ener-G Foods - Glutino - Health Valley - Hol-Grain - Lara Bar - Lundberg - Real Foods - Schar

Canned & Frozen Foods

Amy'sKitchen-EnjoyLifeFoods-Glutino-GrandmaFerdon-Lean on Me - Lifestyle Pizza - Madwoman Foods - Nature's Highlights

Bread, Cookies, Cakes & Muffins

Breads by Anna - Bittersweet Bakery - Cherry Brook Farms - Grandma Ferdon - Ener-G Foods - Enjoy Foods - Foods for Life - Glutano - Glutino - Gillian's - Gluten-Free Pantry - Kinnikinnick Foods - Miss Robens - Midel - Natural Food Mill - Pamela's

Candy

Glutino - Gluten-Free Pantry - Heaven Scent - Let's Do Organic - Oskri Organics - Pamela's Products - St. Claires Organics - Tropical Source

Beverages

Harmony Farms - Pacific Foods

SAMPLE MENU

- At Fresh & Natural Foods, customer education is one of our top priorities and an important part of our mission. That is why we regularly offer FREE gluten-free cooking classes and FREE educational classes on going gluten-free and newly diagnosed.
- To make the transition a little easier, Fresh & Natural Foods has provided a daily sample menu.

MORNING

BREAKFAST BURRITO

- 1 or 2 burrito shells (Sonoma or Food For Life)
- 1/2 cup chicken, turkey or beef
- 1/4 cup mixed raw vegetables
- 2 TBS. Essential fatty acids (3-6-9 blend)
- Warm shell in skillet, add meat or protein source, veggies and drizzle fatty acids over food, serve and enjoy.

LUNCH

PITA & HUMMUS

- 1 Pita Shell
 - 1/2 cup of Holy Land Hummus
 - 1 piece of Fruit
- Dip Pita Shell into Humus and enjoy!

DINNER

STEAK, FRIES AND SALAD

- 1 Grass fed/finished Steak (6 oz.)
- Braggs Amino Acid
- Garden fresh tossed salad
- 3 large sweet potatoes
- 1/4 cup coconut oil

Grill steak, sprinkle with Braggs Amino Acid. Next, melt coconut oil in a large pan, add potatoes and bake at 400° F for 30 minutes or until done. A small salad may be eaten with each meal.

COMMON QUESTIONABLE INGREDIENTS:

Distilled Vinegar does not contain gluten if it is genuinely distilled.

Grain Alcohol depends on the grain it is derived from. Some of the toxic peptide chains from the originating grain can end up as part of the alcohol. Since all alcohol is not distilled, some alcohols contain gluten.

Flavorings many times have alcohol as a base.

Stabilizer, starch, flavoring, emulsifier and hydrolyzed plant protein on label usually means that a grain containing gluten has been used.

Vegetable Sprays many times contain large amounts of gluten, please read label carefully.