

Client Name \_\_\_\_\_ Date \_\_\_\_\_

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## Celiac Shopping Tips

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There are many gluten-free flours, breads, pastas, and breakfast cereals available to you through natural food stores, ethnic food stores, mail-order companies, and some supermarkets.

### Flours

Gluten-free flours can be made from rice, corn, soy, potato, buckwheat, amaranth, quinoa, sorghum, teff, millet, Indian rice grass (Montina), beans, and peas. You can also buy specialty flour blends specifically designed for baking gluten-free foods. Brands with gluten-free product lines include the following:

- Authentic Foods (800-806-4737, <http://www.authenticfoods.com/>)
- Bob's Red Mill (800-349-2173, <http://www.bobsredmill.com/>)
- Ener-G Foods (800-331-5222, <http://www.ener-g.com/>)
- Miss Roben's/Your Allergy Grocer (800-891-0083, <http://www.allergygrocer.com/>)
- Gluten-Free Pantry (800-291-8386, <http://www.glutenfree.com/>)

Products may be ordered directly from these companies.

### Bread Products

There are many gluten-free breads and bread products (both ready-made and mixes), including sandwich breads, rolls, bagels, muffins, and waffles. Brands with gluten-free product lines include the following:

- Food for Life Baking Company (800-797-5090, <http://www.foodforlife.com/>)
- Van's International Foods (310-320-8611, <http://www.vansintl.com/>)
- Glutino\* (800-363-3438, <http://www.glutino.com/>)
- Gluten-Free Pantry\* (800-291-8386, <http://www.glutenfree.com/>)
- Sylvan Border Farm\* (800-297-5399, <http://www.sylvanborderfarm.com/>)
- Ener-G Foods\* (800-331-5222, <http://www.ener-g.com/>)
- Lifestream\* (888-808-9505, <http://www.naturespath.com/>)
- Miss Roben's/Your Allergy Grocer\* (800-891-0083, <http://www.allergygrocer.com/>)
- Authentic Foods\* (800-806-4737, [www.authenticfoods.com](http://www.authenticfoods.com/))
- Enjoy Life Foods\* (888-503-6569, <http://www.enjoylifefoods.com/>)
- Kinnikinnick Foods\* (887-503-4466, <http://www.kinnikinnick.com/>)
- Mr Ritt's Bakery\* (877-677-4887, <http://www.mrritts.com/>)
- Whole Foods Market, Gluten-Free Bakehouse  
([www.wholefoodsmarket.com/products/bakery/gf\\_bakehouse.html](http://www.wholefoodsmarket.com/products/bakery/gf_bakehouse.html))

\*Products may be ordered directly from the company.



## **Pasta**

There are many gluten-free pastas, including those made from rice, corn, potato, wild rice, buckwheat, amaranth, quinoa, beans, and peas. Brands with gluten-free product lines include the following:

- Tinkyada (416-609-0016, <http://www.tinkyada.com/>)
- Northern Quinoa Corp\* (306-542-3949, <http://www.quinoa.com/>)
- Food for Life Baking Company (800-797-5090, <http://www.foodforlife.com/>)
- Mrs. Leeper's Pasta\* (816-502-6000, <http://www.mrsleeperspasta.com/>)
- Pastariso/Pastato/Cafe Bonjour/Macariz (905-451-7423, <http://www.maplegrovefoods.com/>)

\*Products may be ordered directly from the company.

## **Breakfast Cereals**

There are many ready-to-eat and hot gluten-free breakfast cereals, including those made from corn, rice, buckwheat, millet, amaranth, and quinoa. Brands with gluten-free product lines include the following:

- Nature's Path/Envirokidz\* (888-808-9505, <http://www.naturespath.com/>)
- New Morning/Erewhon (781-444-0440, <http://www.usmillsinc.com/>)
- Health Valley Foods\* (800-434-4246), <http://www.healthvalley.com/>)
- Nu-World Amaranth\* (630-369-6819, <http://www.nuworldamaranth.com/>)
- Lundberg Family Farms\* (530-882-4551, <http://www.lundberg.com/>)
- Barbara's Bakery, Inc (707-765-2273, <http://www.barbarasbakery.com/>)
- Bob's Red Mill\* (800-349-2173, <http://www.bobsredmill.com/>)
- Enjoy Life Foods\* (888-503-6569, <http://www.enjoylifefoods.com/>)
- Perky's Natural Foods\* (888-473-7597, <http://www.perkysnaturalfoods.com/>)

\*Products may be ordered directly from the company.

## **Tips for Finding Gluten-Free Grain Products**

Visit your local grocery, ethnic, and natural foods stores. Most natural foods stores and many supermarkets (especially those with natural foods or ethnic food sections) carry gluten-free products. Some national chains that carry gluten-free products include the following:

- Trader Joe's (<http://www.traderjoes.com/>)
- Whole Foods Market (<http://www.wholefoods.com/>)
- Wild Oats Natural Marketplace (<http://www.wildoats.com/>)

If you can't find a particular gluten-free product in a store, ask store employees if they will order it. Many stores, especially small natural foods stores, will try to do so.

Lots of common grain foods are gluten-free and available in most stores. Look for the following:

- Buckwheat
- Corn flour
- Corn tortillas
- Plain brown rice
- Plain popcorn
- Plain rice cakes (check labels)
- Plain rice crackers (check labels)
- Plain white rice, including enriched varieties
- Polenta
- Quinoa

Ask gluten-free mail-order companies for their catalogues. Use the Internet to find products online.

Ask manufacturers of gluten-free foods for a list of retailers in your area. Many manufacturers also have a store locator service on their Web sites.

Contact local celiac support groups in your area and ask about local bakeries that make gluten-free products.

**Notes:**