

THE COMMON MARKET OFFERS OVER 2000 GLUTEN FREE ITEMS!

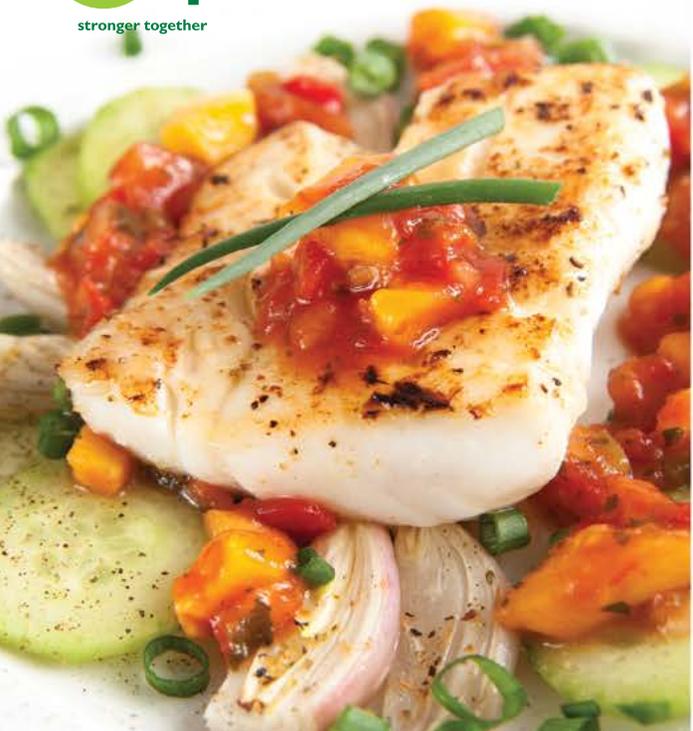
Stop by the Co-op Service Desk for a list of all of our GF items or download it online @ commonmarket.coop/gluten-free

NEED A LITTLE HELP IN THE KITCHEN?

Now you have located all of your gluten-free options, what do you do next?

Check out the Common Market's "Gluten-Free Board" on Pinterest for recipes or stop by the gluten-free portion of the NCGA website.

pinterest.com/thecommonmarket
strongertogether.coop/recipe?type=gluten-free-special-diet/



TAKE SMALL STEPS

Enjoy the variety of foods that are naturally gluten-free and season them with the basics (like naturally gluten-free spices and herbs). Include safe whole grains like brown rice, buckwheat, quinoa, or sorghum. Go easy on white rice flour and other starches.

ALWAYS READ LABELS

Make it a normal practice to review labels and identify the ingredients of the food you purchase. Gluten free products are becoming readily available, making it easier for shoppers. Product ingredients can change so be sure to always read labels, even if it is a product that you have purchased before.

WHEAT-FREE DOES NOT MEAN GLUTEN FREE

There are a few differences between gluten-free and wheat-free. One note to make is that it is possible for someone to be on a wheat free diet and not need to be on a gluten free diet. However, if someone is on a gluten-free diet for health issues, it is also necessary for them to be on a wheat-free diet. ALL wheat has gluten in it.

WHEN IN DOUBT, JUST ASK

If you find a product that you are not sure about please feel free to ask any of our helpful Co-op staff. We also recommend calling the company directly to help clear up any concerns that you have.



A BEGINNERS GUIDE TO GLUTEN-CONTAINING PRODUCTS AND HOW TO IDENTIFY THEM



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WHAT IS GLUTEN?

Gluten is a protein composite found in wheat, rye, oats*, barley, triticale, spelt and kamut and in products made from these ingredients. It gives dough elasticity, and helps it keep its shape. It's used in many foods for its binding properties, protein value, and to add chewiness to some foods such as meat substitutes.

*While oats themselves do not contain gluten, they are often cross-pollinated with other grains and contain a protein structurally similar to gluten's protein when processed. As a result, some gluten-sensitive people cannot tolerate oats.

HOW CAN I AVOID IT?

There are thousands of gluten-free packaged food items available at your the Common Market, including cookies, cereals, snack chips, pastas and baking mixes. Read all packaging carefully and look for gluten-free labeling. Remember, some gluten-free products are manufactured in the same environment as wheat products. Contact the food manufacturer directly for specific process information if you are highly sensitive.

For gluten-free flours, consider using brown and white rice, corn, tapioca, potato, garbanzo, fava and sorghum.

REFERENCES:

National Foundation for Celiac Awareness
www.celiaccentral.org

Down to Earth Kitchen
downtoearthkitchen.com/gluten-free-guide-product-labels

U.S. Food and Drug Administration
fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/allergens/ucm362880.htm

LABEL READING IS AN ESSENTIAL SKILL IN FOLLOWING A GLUTEN-FREE DIET.

The term "gluten" is rarely seen as an ingredient on product labels, so a person on a gluten-free diet must learn the typical places gluten can hide. The label reading habit builds confidence to make informed choices. When reading labels, search for ingredients containing wheat, barley, rye and oats or their crosses (such as spelt, triticale, kamut) or derivatives (such as starch).

Label reading is a necessary skill. Product manufacturers can change ingredients or sources of ingredients at any time, so your best and safest option is to always check the label.

Nutrition Facts	
Serving Size 1 Cookie (19g)	
Servings Per Container 10	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ALMONDS BUTTER (CREAM), NATURAL FLAVORS, BROWN RICE SYRUP, SALT, CINNAMON.	
Contains Wheat, Almonds, Milk.	

In addition to the ingredients list, you may find advisory labels on a food package. Advisory labels are not regulated and companies use them voluntarily. They give consumers more information about the possibility that a food could be cross-contaminated by an allergen during processing.

Some say "May contain Wheat." Others say "Produced in a plant that also produces products made with wheat" or "Produced on equipment that also produces products that contain wheat." You have to decide based on your sensitivity whether you want to include foods with these labels in your diet.

Be sure to look for our shelf level signs to help guide you in finding our many gluten free products. Even these tags require that you check ingredients.



TAKE A SECOND LOOK!

Double-check the ingredients label on these items, as they're possible sources of gluten:

- Beer, lagers, ales
- Breads
- Broth, soup, soup bases
- Cereals
- Cookies and crackers
- Some chocolates, some chocolate bars, licorice
- Flavored coffees and teas
- Imitation bacon bits, imitation seafoods
- Medications (check with your pharmacist)
- Pastas
- Processed foods
- Salad dressings
- Sausages, hot dogs, deli meats
- Sauces, marinades, gravies
- Seasonings
- Soy sauce
- Shampoos
- Lotions
- Supplements

