

**Gluten free / Whole Foods Market.**

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SPECIAL DIETS SERIES

# Gluten Free



CELEBRATING YOUR CHOICES



Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible.

#### GLUTEN-FREE SHOPPING AT WHOLE FOODS MARKET

"Gluten" is the general term for a mixture of protein fragments found in common cereal grains. Celiac disease is a chronic digestive disorder found in individuals who experience a detrimental immune response when they ingest gluten. Wheat (including semolina, durum, spelt, triticale, and kamut) is the only grain considered to contain true gluten. However, other protein fragments thought to be harmful to those with celiac disease occur in rye, barley, and oats. Minute amounts of any of these fragments can cause intestinal damage in people with celiac disease.

#### SAFE GRAINS FOR CELIACS.

Current scientific consensus is that rice and corn (maize) are considered safe. In addition, millet, sorghum, Job's Tears, teff, and ragi are thought to be close enough to corn in their genetic make-up to be safe, although more research is needed to fully confirm this. Other grains suspected, but not proven, to be safe for those with celiac disease include buckwheat, amaranth, quinoa and rape.

For more information about Celiac Disease and following a gluten-free diet, check out:

[www.celiac.org](http://www.celiac.org)    [www.gluten.net](http://www.gluten.net)  
[www.csaceliacs.org](http://www.csaceliacs.org)    [www.celiaccenter.org](http://www.celiaccenter.org)  
[www.foodallergy.org](http://www.foodallergy.org)    [www.livingwithout.com](http://www.livingwithout.com)  
[digestive.niddk.nih.gov/ddiseases/pubs/celiac/index.htm](http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/index.htm)

#### OUR GLUTEN-FREE SHOPPING LIST

We've put together an extensive list of gluten-free products available at Whole Foods Market. As your partner in good health, we're committed to bringing you the highest quality products available for any diet. Check out our gluten-free shopping list, along with recipes, links, tips and more information, at:

[www.wholefoodsmarket.com/specialdiets](http://www.wholefoodsmarket.com/specialdiets)

You can also ask for a printed copy of the list at the customer service desk.

We have made every effort to be as accurate as possible, however, we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination. Always read the label and/or check with the manufacturer. **INGREDIENTS CHANGE.** This list is only a guide to assist you in your shopping for products available for your dietary needs. The information provided here is for educational purposes only. In no way should it be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.

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