



Disclaimer

The ingredients in the products listed herein may have changed since this pamphlet was last revised. It is your responsibility to read all product labels for ingredients you may have an allergy to. In addition, please consult with your health care practitioner before changing your diet regimen or if you suspect you may have a serious health condition.

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Last Revised July 04



Gluten-Free Shopping List



Unless you know where to look, finding foods that accommodate your dietary requirements can sometimes be like searching for a needle in a haystack! This pamphlet is designed to help you pinpoint those foods and assist you, the shopper in finding the many delicious gluten-free food alternatives at My Organic Market.
Happy shopping!

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What is Wheat Gluten?

Wheat gluten contains two insoluble proteins (gliadin and glutenin), which are in grains such as wheat, oats, rye, and barley. These proteins when combined with liquid contribute to the elasticity in dough that helps keep baked products firm and less collapsible.

There are several health conditions however, that interfere with the digestion of wheat gluten. The individuals with these conditions may, with the assistance of their health practitioner, choose to go on a gluten-free diet.

What is Gluten-Free?

Rice, corn, soy, potato, tapioca, beans, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff, and nut flours do not contain any wheat gluten.

What is NOT Gluten-Free?

Wheat (durum, semolina, kamut, spelt), rye, barley, oats, and triticale contain wheat gluten. These ingredients are frequently used in some seemingly unlikely places such as soy sauce, vinegar, beer, etc. Please discuss food items to be avoided when designing your diet plan with your health care practitioner.

“Wheat-Free” is NOT “Gluten-Free”

Wheat free products may still contain rye, oats, barley or ingredients that are not gluten-free

Resources

Celiac Disease Foundation
13251 Ventura Blvd, Ste 1
Studio City, CA 91604-1838
(818) 990-2354
www.celiac.org
cdf@celiac.org

Gluten Intolerance Group
15110 10 Ave SW, Ste A
Seattle, WA 98166-1820
(206) 246-6652
www.gluten.net
gig@gluten.net

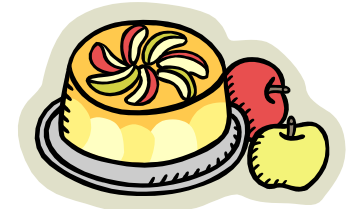
Getting Started...

There are many foods that do not contain wheat gluten such as fresh fruits and vegetables, dairy products, and meats for example. However, the products listed in this pamphlet are only items in categories where wheat gluten is likely to be found such as breads, pastas, and cereals.

In addition, please visit our “Gluten-Free Section”. There you will find brands specializing in 100% Gluten-Free cuisine:

GLUTEN-FREE SECTION

Bionature
Bob's Red Mill
Dowd & Rogers
Dietary Specialties
Ener-G
Enjoy Life
Fern
Frankly Natural
Glutano
Gluten-free Pantry
Glutino
Holgrain



GROCERY

SALAD DRESSINGS

Annie's Naturals: MOST varieties, please read packaging
Drew's: Romano Caesar, Garlic Italian, Rosemary Balsamic, Roasted Garlic, Smoked Tomato.



NON-DAIRY BEVERAGES

Almond Breeze: All varieties
Better Than Milk: All varieties
Eden: Unsweetened Soy, Soy & Rice Blend
Pacific: Soy Select, Almond, Hazelnut
Vance's Dari-free: All varieties
White Wave: Silk varieties

GROCERY (cont)

PUDDING/TOFU

Harvest Direct: Pudding Mix

Mori Nu: Silken Tofu

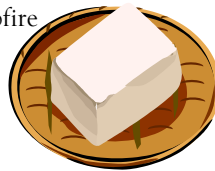
MARINADES

Annie's Naturals: Smokey Campfire

NUT BUTTERS

I.M. Healthy: All varieties

Soywonder: All varieties



BOX MIXES

Ancient Harvest Quinoa: Traditional, Inca Red

Debole's: Rice Pasta Elbows & Cheese

Fantastic Foods: Arborio Rice, Basmati Rice, Basmati rice Pilaf, Jasmine Rice, Instant Refried Beans, Instant Black Beans, Original Hummus

Organic Gourmet: Gravy Mix, Béarnaise Sauce, Hollandaise Sauce

Pastato: Rice Macaroni & Cheese, Potato Macaroni & Cheese

Pocono: Kasha

Road's End: Alfredo Style, Penne, Cheese Packet Gluten-Free, Gravy mixes

Shiloh Farms: Teff Grain



SOUPS

Amy's: Chili's, Split Pea, Lentil Vegetable, Chunky

Tomato, Cream of Tomato, Black Bean Vegetable, Lentil, Lentil Vegetable Low Sodium

Edward & Sons: Miso Cup

Soups

Fungus Among Us: All soups

Imagine Soups & Broths: All soups EXCEPT Asian Chicken Broth, Soy Ginger Broth

Organic Gourmet: Stock Concentrates

Shelton's: Chili's, Broths, Chicken Black Bean, Chicken Rice, Chicken Tortilla

Taste Adventure: All soups EXCEPT Minestrone

Thai Kitchen: Instant Rice Noodle Soups

Vogue: Chicken Flavored Base, Vegebase



CEREAL

Arrowhead Mills: Maple Buckwheat Flakes, Sweetened Rice Flakes

Barbara's: Honey Rice Puffins, Brown Rice Crisps, Corn Flakes

Envirokids: Gorilla Munch, Panda Puffs, Koala Crisp, Amazon Flakes

Erewhon: Crispy Brown Rice Gluten-Free, Rice Twice

Nature's Path: Corn Flakes, Honey'd Corn Flakes, Crispy Rice, Mesa Sunrise



HOT CEREAL

Ancient Harvest: Quinoa Flakes

Arrowhead Mills: Rice & Shine

Pocono: Cream of Buckwheat

CONDIMENTS

505 Salsa & Sauces: All varieties

Amy's Salsas: All varieties

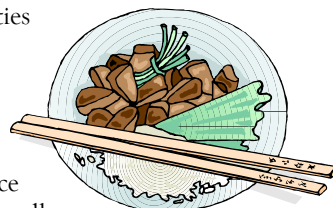
Annie's: Ketchup, Mustards, BBQ Sauce

Green Mountain Salsas: All varieties

Mr. Spice Sauces: All varieties

Road's End: Cheese Dips

Spectrum: Mayonnaise



ETHNIC

Annie Chun's: Original Rice Noodles, Thai Basil Rice Noodles, Original Pad Thai, Basil Pad Thai

Tamarind Tree: All varieties

Tasty Bite: All varieties EXCEPT Vegetable Kofta Pilaf

Thai Kitchen: MOST varieties, please read packaging

CANDY

Boomi Bars: Almond Protein Plus, Honey Cashew Bite

Bumble Bars: Lemon, Chocolate, Chai

Nutiva Bars: All varieties

Omega Smart Bars: All varieties

Organic Food Bars: All varieties

Oskri Bars: All varieties

Sharkies Fruit Chews: All varieties



CHOCOLATE

Dagoba Bars: All varieties

PASTA

Ancient Harvest Quinoa: All varieties EXCEPT Wheat Quinoa Rotini AND Wheat Quinoa Spaghetti

Debole's: Rice Pasta, Corn Pasta

Lundberg: All varieties

Mrs. Leepers: All varieties

Nutritional Kitchen: All varieties

Papadini: All varieties

Pastariso: All varieties

Pastato: All varieties

Tinkyada: All varieties



PASTA SAUCE

Amy's: All varieties

COFFEE SUBSTITUTES

Soyfee: All varieties

SNACK BARS

Envirokidz: All varieties



COOKIES

Frookies: Chocolate Chip, Double Chocolate, Peanut Butter Chunk

Jenny's: Coconut Macaroons

Midel: Arrowroot, Pecan, Chocolate Chip, Gluten Free Ginger

Pamela's: All varieties

CHIPS

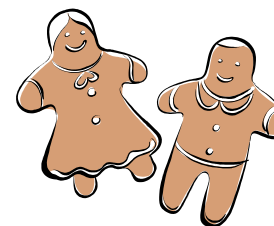
Ener-G: Pretzels, Sesame Pretzel Rings

Glenny's Soy Crisps: Cracked Pepper, No Salt Added

Glutino: Pretzels

Green Mountain: Tortilla Strips

Lundberg: Rice Chips



CRACKERS

Blue Diamond: Nut Thins

Edward & Sons: Brown Rice Snaps

Glutino: Cracker Flax

Holgrain: All varieties

Nature's Highlight's: Rice Sticks

Real Food: Corn Thins

BAKING

Arrowhead Mills: Gluten Free Pancake Mix

Lundberg: Brown Rice Syrup

Chebe: Bread Mix



FROZEN

Amy's: Shepherd's Pie, Mexican Tamale Pie, Rice Crust Pizza, Thai Stir Fry, Rice Macaroni & Cheese, Cheese Enchilada, Black Bean Vegetable Lasagna, Asian Noodle Stir Fry, Garden Vegetable Lasagna, Black Bean Enchilada Whole Meal, Cheese Enchilada Whole Meal, Matter Paneer, Palak Paneer, Teriyaki Bowl, Brown Rice Vegetable Bowl, Santa Fe Bowl, Mexican Bowl

Alexia: Fries, Mashed Potatoes

Chebe: Pizza Crust

Food for Life Breads:

Raisin Pecan, Buthanese Red, Rice Pecan, Rice Almond, White Rice, Brown Rice, White Rye

Green Guru: Paneer Tikki Masala, Palak Paneer

Nature's Highlight's: Tostada, Soy Cheese Pizza, Pizza Crust

Sunshine Burgers: Original, Southwest

Wellshire: Chicken Bites



FRIDGE

Earth Balance: Spreads

Lisanatti: Cheese alternatives

Soyco: Rice Butter, Rice Parmesan

Soymage: Vegan Parmesan, Vegan Cheese Singles, Vegan Cheese Chunks

White Wave: Silk Soymilk

Wholesoy: Soy Yogurt

Zendoy: Pudding

