

Nutritional Frontiers

Customized Food Program

Gluten Free



Avoiding Wheat/Gluten

Gluten is a protein found in the following grains: wheat, rye, spelt, kamut, triticale, barley, and most oats. While oats do not technically contain gluten, processing and manufacturing methods allow for gluten contamination unless the product is specified to be “gluten free.” Many people need to avoid gluten due to food allergies, food sensitivities, or Celiac disease.

Gluten-free Grains in Town

Many of these products are found in grocery stores such as Giant Eagle’s natural section, Market District, Whole Foods, Trader Joes, and local health food stores... either on their shelves or in the freezer section.

Breads

Glutino, Rudy’s, and Food For Life are a few brands offering gluten-free breads/bagels/muffins

Noodles

Rice, kamut, corn, quinoa. Found in pasta aisle.

Crackers

Rice cakes, rice crackers, corn chips, Glutino crackers, many other brands

Tortillas

Corn tortillas instead of flour tortillas

Cold Cereals

Crispy Rice, Amaranth or Kamut Flakes, Enviro-kids cereals (tasty but high in sugar), Nature’s Path Cereals, some Barbara’s Cereals

Hot Cereals

Gluten-free oatmeal or Cream of Rice or Kamut hot cereal.

Misc

Popcorn, brown rice, millet, barley, quinoa, kamut, amaranth, teff, etc. are all okay.

Foods Containing Wheat: Flours--whole wheat, white, all-purpose, semolina, durum, all-purpose, unbleached, bleached; wheat gluten/bran/germ. MSG; semolina; hydrolyzed vegetable protein; biscuits, breads, cakes, cookies, crackers, crepes, croutons, dumplings, pancakes, pie crusts, pretzels, waffles, bouillon cubes, soy sauce (wheat-free tamari is available), processed meats, soups, wheat alcohol products, breaded foods.

Foods Containing Rye: Rye bread and rye crackers, multi-grain breads, gin, vodka, scotch, whiskey.

Foods Containing Barley: Ales, barley corn, barley malt, beer, malt liquor, caramel coloring, bourbon, whiskey, pops (with caramel coloring), etc.

Gluten-free flours: These flours are gluten-free and can be used in baking. White or brown rice flour, millet flour, sorghum bean flour, buckwheat flour, soy flour, garbanzo bean flour, coconut flour, potato starch, corn starch, tapioca starch, teff flour, quinoa (pronounced “keen-wa”) flour. Xanthan gum is also useful for gluten-free baking. These flours are widely available at grocery stores such as Giant Eagle, Market District, Whole Foods, Trader Joes, and local health food stores or co-ops.

For Thickening Sauces or Gravies: 1 TBSP flour=1/2 TBSP potato starch, tapioca starch, corn starch or arrow-root starch

For Breading: crushed millet, sesame seeds, rice bran, cassava meal, flaxseed meal



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