



## GLUTEN FREE WHEAT FREE GUIDE

Frazier Farms Market understands the challenge that many face when they have special dietary concerns. That's why we have done our best and put together this guide to help you make gluten-free choices and live a healthy gluten-free lifestyle. We listen to our customers, and many rave about how they benefit from living gluten free. You will find throughout our store we have labeled all items whether wheat free/gluten free, just gluten-free, or just wheat-free; ranging from grocery, frozen to our bakery. We welcome you to learn about the gluten free products we offer that make eating gluten free easy and enjoyable; look for the appropriate labels.

### WHAT IS GLUTEN?

Gluten is a cohesive, elastic protein that is left behind after starch is washed away from wheat flour dough. Gluten is usually added during food processing to prevent crumbling of baked product such as breads, muffins, cereals, and baked goods etc. Gluten-free foods are often made of corn and rice because they do not contain gluten.

### CELIAC AND GLUTEN FREE

Celiac disease is a digestive condition triggered by consumption of the protein gluten, which is found in bread, pasta, cookies, pizza crust and many other foods containing wheat, barley or rye. Those with celiac disease are basically unable to eat any foods that contain gluten; for the gluten will cause inflammation of the small intestines. Gluten is mainly found in foods but may also be found in everyday products such as medicines, vitamins, and lip balms.

The only treatment for celiac disease is to follow a strict gluten-free diet. That means all foods containing wheat (including durum, semolina, spelt, kamut, einkorn, and faro), rye, barley, triticale and possibly commercial oats, should be expelled from the diet altogether. However, people with celiac disease can use potato, rice, soy, amaranth, quinoa, buckwheat or bean flour instead of wheat flour.

### SAFE FOODS FOR CELIAC

Current scientific information considers rice and corn to be safe as well as the following: amaranth, arrowroot, buckwheat, corn, flax, legumes, millet, nuts, potatoes, quinoa, rice, seeds, soy, tapioca teff, wild rice and yucca

The Celiac Disease Foundation has flagged the following items as potentially harmful to gluten intolerant people:

- Bran
- Rice Syrup
- Caramel Color
- Dextrin
- Matzo
- Seitan
- Spelt
- Malt Vinegar
- Malt or Malt Flavoring (ok if made from corn)
- Soy sauce or Soy sauce solids
- Gluten may also be used as a binder in some pharmaceutical products.
- Brown
- Select Beer
- Couscous
- Kamut
- Select Pasta
- Tablough
- Udon
- Flour or Cereal Product

### Helpful sites for more information:

[www.celiac.org](http://www.celiac.org)  
[www.celiac.com](http://www.celiac.com)  
[www.csaceliacs.org](http://www.csaceliacs.org)  
[www.glutenfreedom.net](http://www.glutenfreedom.net)  
[www.glutenfreeinsandiego.com](http://www.glutenfreeinsandiego.com)

Note: Before beginning a gluten-free diet on your own, please seek the diagnosis from a health practitioner or you may interfere with the results of the tests and not receive the proper care. Also, sometimes ingredients in certain products listed change and we make every effort to be accurate, but Frazier Farms can not be held responsible for individual reactions to foods listed. This is a guide to eating Gluten-Free and it is in no way to be interpreted as medical advice.



BRAND	GF	WF	O	DF	V	AISLE
Real Foods	X					1
RAW Foods	X		X			Energy Bars
Red Bridge	X					Beer
Red Wood Hills	X					Dairy
Rice Dream	X					2, Dairy, Ice Cream
Rice Expressions	X					Freezers
Ricera	X					Dairy
Road's End Organics	X		X			3
San-J	X	X	X			4
Shelton's	X					3, Freezers
Silk	X					Dairy
Simply Boulder	X			X		4
SoDelicious	X					Dairy, Ice Cream
Spectrum	X					4
Spry	X					Registers
Stoneyfield	X					Dairy
Sweetlife	X					7
Talenti Gelato	X					Ice Cream
Tasty Bites	X					3
Terra Nostra	X					2
Thai Kitchen	X					4
Tinkyada	X	X	X			4
Truwhip	X					Freezers
Udi's		X				2
Van's	X	X				Freezers
Virgil's	X					6
Walden Farms	X					4, 5, 7, Jams
Westsoy	X		X			2
Wholesome Sweeteners	X					7
WholeSoy & Co.	X					Dairy
Wild Wood Organics	X		X			Dairy
Yummy Earth	X					Registers
Zen Bakery		X			X	Bakery
ZenSoy	X					Dairy

GF=Gluten Free WF=Wheat Free O=Organic DF=Dairy Free V=Vegan.



225 Vista Village Drive Vista, California 92083  
 760.758.7175 tel 760.758.2630 fax  
[www.frazierfarmsmarket.com](http://www.frazierfarmsmarket.com)



BRAND	GF	WF	O	DF	V	AISLE
123 Gluten Free	X					3
505 Southwestern	X					5
Ah!laska	X		X			7
Allegro	X					5
Almond Dream	X					2
Amy's	X					3, 5, freezers
Ancient Harvest	X		X			2,3,4
Annie Chuns	X	X				4
Annie's Natural	X		X			3,5
Arico Natural Foods	X		X			1
Arrowhead Mills	X	X	X			2, 3, Spreads/ Nut Butters
Arctic Zero	X					Ice Cream
Bakery on Main	X	X		X		2
Balance	X					Energy Bars
Barbara's	X	X	X			2
Bionatureae	X		X			4
Blue Diamond	X	X				1, 2, Dairy
Bob's Red Mill	X	X		X		2,3
Braggs	X					5
Brown Cow	X					Dairy
Bumblebee	X					Energy Bars
Can Do Kid	X					Energy Bars
Cascade	X					Dairy
Celestial Seasonings	X					7
Chébé	X	X				3
Cherrybrook Kitchen	X	X				3
Classico	X					4
Coffeemate	X					Dairy
Craving Place, The	X	X				3
Crunchmaster	X					1
Darigold	X					Dairy
Dave's Gourmet	X					4
Deboles	X					4
Drew's	X				X	5
Earth's Best		X	X			7



BRAND	GF	WF	O	DF	V	AISLE
Eden & Soy	X		X			2
Edward & Son	X					1
Ener-G	X	X				1, 4, Bread
Endangered Species Choc.	X					Registers
Enjoy Life	X				X	1, Registers
Enviro-Kids	X		X			2,3,7
Fantastic World Foods	X					3
Fearn	X	X				3
Food 4 Life	X	X				Bread
For the Love of Cake	X					Bakery
Frankly Natural		X				Bakery
French Meadow		X				Bread
Galeos	X					5
Glenny's	X					7
Gluten Free Café	X					Energy Bars, Freezers
Gluten Free Pantry	X	X				3
Glutenfreeda	X					Freezers
Glutino	X		X			1, 2, 4, Freezers
GNI	X					Bread
Go Naturally	X					Registers
Helen's Kitchen	X					Freezers
House of Foods	X					Dairy
Ians	X	X				Freezers
I.M Healthy	X					Spreads/ Nut Butters
Imagine	X		X			3
Jennies	X					1
Kathy's Krackers	X	X				Registers
KIND	X					Energy Bars
Kinnikinnick	X	X		X		1, 3, freezers
Kozy Shack	X					Dairy
L&A	X					6
Lakewood Organics	X		X			6
Lara Bar	X					Energy Bars



BRAND	GF	WF	O	DF	V	AISLE
Lea & Perrins	X					5
Let's Do... Organic	X		X			3
Lifeway	X					Dairy
Living Harvest Tempt	X					Ice Cream
Luna & Larry Coconut Bliss	X					Ice Cream
Lundberg	X		X		X	1, 2, 3, 4
Macro Bar	X					Energy Bars
Macro Life Natural	X	X				Energy Bars
Manitoba Harvest	X		X			2
Maranatha	X					Spreads/ Nut Butters
Mary's Gone Crackers	X	X	X			1
Mayacammas	X					4
Mestemacher	X					Bread
Mezzetta Napa Valley Bistro	X					4
McDougalls, Dr.	X					3
McKay's	X					3
Mrs. Leeper's	X	X	X			4
Mrs. May's	X	X				Registers
Namaste Foods	X	X				3
Native Forest	X		X		X	4
Nature's Path	X	X	X			2
New Morning	X	X	X			2
New Grist	X					Beer
NuGo Free	X					Energy Bars
Orgran	X	X				3, 4
Organic Ville	X					5
Pacific Natural Foods	X		X			2, 3
Pamela's	X	X				1
Pocono	X	X	X			2
Praegers, Dr.	X					Freezers
Premier Japan		X	X		X	4
Primal Strips	X				X	Registers
PureFit	X	X				Energy Bars
Randy Jones Originals	X					5

GF=Gluten Free WF=Wheat Free O=Organic DF=Dairy Free V=Vegan.