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**GLUTEN
FREE**



Bashas' helps you eat smart for better health!

Gluten-Free Shopping

Following a 100% gluten-free diet is the prescription for Celiac Disease. Celiac disease is an autoimmune disorder that is triggered by eating foods that contain gluten. For someone with this disease, eating gluten causes damage to the lining of the small intestine and can lead to malnutrition.

Gluten is a protein found naturally in wheat, rye and barley. Many baked goods, seasoning mixes, processed foods and alcoholic beverages made with these grains contain gluten.

Naturally Gluten-Free Foods

- Fresh Fruits and Vegetables
- Fresh Meat, Fish and Poultry
- Milk, Cheese and Eggs
- Beans, Peas and Lentils
- Nuts and Seeds
- Soy Products

Gluten-Free Starches

- Rice
- Potato
- Corn
- Tapioca
- Quinoa
- Arrowroot

See reverse for more information

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Common Food Sources Containing Gluten

- Baked goods
- Cereals
- Flour tortillas
- Pasta, semolina, farina, durum
- Soba, udon
- Couscous, tabbouleh
- Gravies, seasoning blends
- Processed foods

Look for these ingredients on the food label that may contain wheat:

Stabilizer, Emulsifier, Hydrolyzed, Starch, Flavoring, Caramel coloring, Spices, Plant Proteins, Barley Malt, Maltodextrin, Triticum, Dextrins.

Items labeled as “wheat-free” may contain gluten. When in doubt, always contact the manufacturer with your questions and concerns.

Resources

Celiac Awareness Campaign

www.celiac.nih.gov

Celiac Disease Foundation

www.celiac.org

Bashas' Gluten-Free Product Listing

Download and print a copy of gluten-free products available at Bashas' on our website. You can also sign up for nutrition news and events.

bashas.com/EatSmart

The Food and Nutrition advice provided is not meant to take the place of your primary care physician. We recommend that you ask your health care provider or registered dietitian for further information specific to your needs.