

# May is Celiac Awareness Month

## Foodie's Gluten Free Product List\*

**Foodie's**  
**Market**

\*This is a partial listing. All of these Gluten Free products can be found in our Duxbury store. Our Boston store does not carry all products due to space limitations, but we can special order or transfer any products for you.

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*About Celiac Disease: Celiac Disease (CD) is a lifelong inherited autoimmune condition affecting children and adults. When people with CD eat foods that contain gluten, it creates an immune-mediated toxic reaction that causes damage to the small intestine and does not allow food to be properly absorbed.*

*Gluten is the common name for the proteins in specific grains that are harmful to persons with celiac disease. These proteins are found in ALL forms of wheat (including durum, semolina, spelt, kamut, einkorn and faro) and related grains rye, barley and triticale and MUST be eliminated. Celiac affects 1 out of 133 people.*

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### Gluten Free Products at Foodie's include:

#### Cookies:

Annie's, Pamela's Products, Kinnikinnick Foods, Glutino, Enjoy Life, Envirokidz, Jo-sef, Mi-del, Jennie's

#### Snack Bars & Desserts:

Nature's Path Envirokidz Crispy Rice Bars, NuGo

#### Cereals:

Bakery on Main Granola, Udi's Granola, Glutenfreeda, Nature's Path, Glutino, Erewhon, Bob's Red Mill Certified Gluten-Free Oats

#### Baking Mixes (Flour, Cake, Brownie, Pancake, Bread, Pie Crust, Cookie Mixes):

We carry a huge selection of Bob's Red Mill Gluten Free Flours and Baking Mixes, Hodgson Mill, Gluten Free Pantry, Pamela's Products

#### Baking Ingredients:

EnerG, Enjoy Life Chocolate Chips, Lundberg Brown Rice Syrup, Sunbutter

#### Crackers, Prezels, Breadsticks, Chips:

Mary's Gone Crackers, Schar Italian Breadsticks, Blue Diamond Crackers, Glutino, Lundberg Rice Chips, Food's Alive Crackers

#### Pasta & Pasta Side Dishes:

DeBole's, bionaturae, jovial, Quinoa, Annie's, Mrs. Leeper's, Road's End Pasta Dinners, Tinkyada Rice Pasta, Ian's

#### Condiments:

OrganicVille (mustard, ketchup, salad dressings), Monte Bene Tomato Sauce, Amy's Organic Pasta Sauce, Spectrum Mayonnaise, Bragg's Amino Acids

#### Soups:

Dr. McDougall's Instant Soups, Gluten-Free Café, Shelton's Chicken Soup and Turkey Chili, Imagine Soups