Gluten Free Guide

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	BAKING SUPPLIES	GOOD CHOICES	FAVORITE CHOICE
1	Flour Blends	Cup 4 Cup Bob's Red Mill Namaste Brandless Simply Balanced	GF Harvest
2	Spice Brands	Brandless Thrive Spicely Simply Organic	Real Salt
3	Instant Pudding Mix	Simply Delish	Nature's Hand
4	Baking Chocolate	Baker's Enjoy Life The Saco Pantry	Guittard
5	Bread Mix/ Blends	Pamela's Chebe Simple Mills	Namaste

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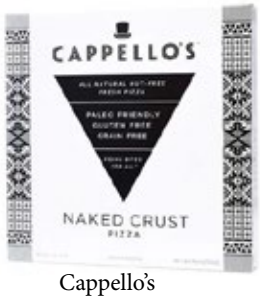
	BREADS/ PASTA	GOOD CHOICES	FAVORITE CHOICE
6	Premade Bread	Franz Julian Bakery Simply Balanced	Canyon Bakehouse
7	Bagels/ English Muffins	Food Life O'Doughs Ener-G	Canyon Bakehouse Mikey's
8	Pizza Crusts	Brandless Enjoy Life Bob's Red Mill Simple Mills	 Cappello's
9	Pasta	Banza Bionaturae Ancient Harvest Cappello's Pamela's	Jovial
10	Tortillas/ Wraps	La Tortilla Factory Thrive Market Mission	Sunfood Siete

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	BREAKFAST	GOOD CHOICES	FAVORITE CHOICE
11	Oats/ Muesli	GF Harvest Nature's Path Purely Elizabeth Seven Sundays	Bob's Red Mill Purely Elizabeth
12	Cold Cereal	Enjoy Life Annie's Vans Freedom Foods	Nature's Path
13	Pancake Mix	Kodiak Cakes Pamela's Enjoy Life GF Harvest	Birch Benders
14	Protein Shakes	Vega Orgain Garden of Life	Ancient Nutrition
15	Frozen Waffles	Birch Benders Kashi	Nature's Path

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	CONDIMENTS	GOOD CHOICES	FAVORITE CHOICE
16	Salad Dressing	Hilary's Mixed with sour cream or cottage cheese Spice Hunter	Primal Kitchen
17	Mayo	Sir Kensington's Chosen Foods	Primal Kitchen
18	Cream Cheese	Simpe Truth Daiya Kite Hill	Organic Valley
19	BBQ Sauce	Primal Kitchen Stubb's Annie's	Noble Made
20	Soy Sauce/ Worcheshire Sauce	Lea & Perrins Kikkoman San-J	The Wizard's Coconut Secret
21	Ketchup/ Mustard	Heinz Organic French's Sir Kensington's Annie's	Organicville Simple Truth

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	DESSERTS	GOOD CHOICES	FAVORITE CHOICE
22	Cake Mixes	Simple Mills Grainless Pamela's	Namaste
23	Brownie Mixes	Enjoy Life Pamela's Pamela's Namaste	Simple Mills
24	Cookies/ Cookie Dough	Brandless Immaculate Enjoy Life Sweet Megan	Sweet Loren's
25	Premade Sweets	Ethel's Better Bites Katz None are approved by Just.Ingredients	JoJo's Approved by Just.Ingredients
26	Ice Cream	Straus Wink Nada Moo So Delicious	Alden's

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	SNACKS	GOOD CHOICES	FAVORITE CHOICE
27	Chips	Siete Enjoy Life	Late July
28	Crackers	Mary's Milton's Blue Diamond RW Garcia	Simple Mills
29	Rice Cakes	Quaker Thrive Sun Rice	Lundberg
30	Pretzels	From the Ground up Quinn Mary's	Quinn
31	Bars	Perfect Bars Freeyum Health Warrior Truth	Zego

Skin & Makeup Teaser

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	GOOD CHOICES
Body Lotion	Andalou Naturals Jason
Body Wash	Cove Everyone
Shampoo/ Conditioner	Acure Monat
Makeup Line	Mineral Fusion Au Natural
Nail Polish	Sophi Zoya

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Just because you eat Gluten Free does not mean that you are healthy. There are plenty of products out there that have ingredients that are not ideal to put in your body. Eating Gluten Free can seem like a daunting task until you learn your new, safe go-to foods and brands. This list and guide was created by Karalynne @Just.Ingredients and Coral @ServingCeliacs

What is a difference between gluten intolerance, allergy and Celiac Disease?

An INTOLERANCE is when your body has a hard time digesting certain foods. Frequent symptoms are nausea, bloating, diarrhea etc.

An ALLERGIC reaction to food can affect the skin, the gastrointestinal tract, the respiratory tract, and, in the most serious cases, the cardiovascular system. Reactions can range from mild to severe, including the potentially life-threatening condition known as anaphylaxis. In the U.S., food allergy symptoms send someone to the emergency room every three minutes.

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Products that contained the following were minimized and/or eliminated from our guide:

Soybean oil
Vegetable oil
Canola oil
Corn oil
Cottonseed oil
Hydrogenated oils
Partially hydrogenated oils
Mono and diglycerides
Corn syrup
High fructose corn syrup
Soy
Soy lecithin
Soy Protein
Artificial sweeteners (sucralose, aspartame, ace-k)
Artificial colors
Artificial flavors
BHT/BHA
glyphosate sprayed corn
Sugar
Cellulose
DATEM
Dextrose
MSG
Nitrates
TbHQ

There were too many unsafe choices to list in each category. Learn the above terms, start reading more lables, and eliminate these ingredients to be the healthiest YOU!

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When people with CELIAC DISEASE eat gluten (a protein found in wheat, rye and barley), their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body.

What does it mean to have a Certified GF label?

Not all gluten free labels are created equal. The label featured above is the stamp of approval from the GFCO (Gluten Free Certification Organization) The GFCO certifies companies and manufacturers worldwide using the strictest standard s for certification at 10 ppm or less. Which the FDA will allow anything with less than 20 ppm of gluten to be labeled as gluten free. But that is a debatable amount of gluten for Celiacs to digest. This is why this extra stamp of approval from the GFCO is so reassuring and your safest bet.

Disclaimer

ALWAYS check the labels. As manufacturing often changes. Look for the official Certified Gluten Free label or for any red flags such as ‘manufactured in a facility with wheat’, that could have changed since the last time you purchased that item.