

Gluten Intolerance/Celiac Disease

Below are some contacts for companies that provide gluten-free foods and information on Gluten Intolerance/Celiac Disease, and living a gluten-free lifestyle.



Order Gluten Free Foods

HAIN CELESTIAL GROUP (Arrowhead Mills & Health Valley) Gluten-free mixes, cereals, flours, unrefined oils, nut/seed butters, pastas, and canned goods.	1-800-749-0730
DIETARY SPECIALTIES Gluten-free and allergy-free foods.	1-888-640-2800 Website: www.dietspec.com
THE GLUTEN-FREE PANTRY Gluten-free mixes for baked goods, breads, pizza, etc.	(Orders Only) 1-800-291-8386 Orders: www.glutenfreepantry.com
FOOD FOR LIFE BAKING COMPANY Gluten-free breads, muffins, rice pastas.	1-800-797-5090
RED MILL FARMS (voice message system) Gluten-free cakes and cookies.	1-718-384-2150
STERK'S BAKERY (Can order through Gluten Solutions) Gluten-free breads, muffins, cakes, flours, and mixes.	1-800-608-4501
GLUTEN SOLUTIONS Wheat and gluten free products at your doorstep!	1-888-845-8836 Orders: www.glutensolutions.com
THE HEALTHY TRADER Order hard to find healthy, tasty foods for those with allergies to wheat.	1-800-636-2584
PAMELA'S PRODUCTS Free Samples for Celiac or Autism Support Groups and Organizations.	1-707-462-6605 info@pamelasproducts.com
COUNTRY HEALTH & DIET FOODS, INC. Gluten Free: Bob's Red Mill, Envirokidz, Ener-G, Gluten Free Pantry.	1-631-581-7722 Orders: www.chadf.com

For more information, please contact:

Celiac Sprue Association/USA, Inc.
PO Box 31700
Omaha, NE 68131-0700
1-877-CSA-4CSA (877-272-4272)
www.csaceliacs.org

Celiac Disease Foundation
13251 Ventura Blvd., Suite 1
Studio City, CA 91604-1838
1-818-990-2354
www.celiac.org

Gluten Intolerance Group
1-206-246-6652
www.gluten.net

Gluten Free Pantry
PO Box 840
Glastonbury, CT 06033
(Customer Service)
1-800-633-3826

Food Allergy & Anaphylaxis Network
1-800-929-4040
www.foodallergy.org

Enjoy Life Foods
(Free user friendly Resource
"Who Me, Wheat & Gluten-free?")
1-888-503-6569
www.enjoylifefoods.com

Gluten-Free Living Magazine
PO Box 105
Hastings-On-Hudson, NY 10706
www.glutenfreeliving.com
gfliving@aol.com

Living Without Magazine
Sully's Living Without, Inc.
PO BOX 2126
Northbrook, IL 60065
www.livingwithout.com

Compliments of the Kroger Dietitians at 1-866-632-6900

Sources for Gluten Free Cooking & Recipes

Cookbooks:

- **“Gluten Free 101: Easy, Basic Dishes without Wheat.”**
By Carol Fenster, Ph.D.
Available at bookstores, health food stores, amazon.com or order online at www.glutenfree101.com.
- **“Wheat-Free Gluten-Free Cookbook for Kids and Busy Adults.”**
By Connie Sarros
Available at bookstores, barnesandnoble.com, and amazon.com.
- **“A Collection of Delicious Gluten-Free Recipes”**
Compliments of Gluten Free Pantry.
Available to Download for FREE (subject to change) from www.glutenfreepantry.com/recipes.
- **“The Gluten-Free Gourmet Cooks Fast and Healthy”**
By Bette Hagman
Available to Order Online at www.glutenfree.com.
- **“The Gluten-Free Gourmet Makes Dessert,” “The Gluten-Free Gourmet-Living Well without Wheat,” “The Gluten-Free Gourmet Makes Bread,” and “More From the Gluten-Free Gourmet”** Also by Bette Hagman.
- **“Gluten-Free Kitchen: Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat Allergy”**
By Roben Ryberg
Available to Order Online at barnesandnoble.com
- **“Cooking Gluten Free: A Food Lover's Collection of Chef and Family Recipes without Gluten or Wheat”**
By Karen Robertson
Available to Order Online at www.glutenfree.com.
 - **“Gluten-Free Baking” 125 Special Recipes for Sweet & Savory Baked Goods**
By Rebecca Reilly
Available to Order Online at www.glutenfree.com.

*We do not endorse or support any of these cookbooks or recipe websites.
We are providing this as an informational list only to let you know what is available.

Websites for Free Gluten Free Recipes:

www.glutenfreepantry.com/recipes
www.fitnessandfreebies.com/celiac/recipeclist.
www.nottapasta.com/freerecipeclub
www.savorypalate.com/recipes
www.glutenfreeda.com *Online Cooking Magazine, requires registration.

*The Kroger Co. provides many gluten-free items through our private labels:
Kroger Brand, Private Selection, and Naturally Preferred.*

We are continually updating this information and encourage customers to call the **Kroger Registered Dietitians** available to answer questions regarding gluten in Kroger products **at 1-866-632-6900.**



Compliments of the Kroger Dietitians at 1-866-632-6900



A gluten-free diet is the best way to care for celiac sprue, also known as gluten intolerance, or celiac disease.



Celiac disease is an inherited autoimmune condition that damages the small intestine and interferes with the absorption of nutrients. People with celiac disease cannot tolerate gluten, a protein found in wheat, rye, barley, and oats. Dermatitis herpetiformis is a form of gluten intolerance involving the skin. A gluten free diet can help to heal both the skin and small intestine.



The immune systems of people with this condition respond to gluten by damaging the small intestine, causing bloating, diarrhea, gas, cramps, muscle aches, and fatigue. If celiac disease is left untreated the risks increase for cancers of the intestine, osteoporosis, and miscarriage.

What happens?

Villi in the small intestine are very small finger-like projections that line the intestine and move food along. Celiac Disease destroys these villi and without them, vital nutrients cannot be absorbed, resulting in malnutrition.



Diet is the only treatment...

Food	Allowed	Not Allowed
Starches:	rice, wild rice, yams, white and sweet potatoes, gluten-free noodles	pasta, semolina, and most packaged rice mixes
Cereals:	corn and rice	wheat, barley, rye, and oats; includes malt ingredients
Flours:	corn, potato, and rice flours; modified food starches from corn, potato, & tapioca	wheat, barley, rye, and oats
Beverages:	coffee, tea, soft-drinks, wine made in the U.S., distilled alcohols: (gin & vodka are now safe)	beer, ale, Ovaltine, and malted milk <small>(The Celiac Disease Nutrition Guide states that distilled alcoholic beverages (gin & vodka) are now safe.) **This information on the American Dietetic Association sheet is an error.</small>
Fruits & Vegetables:	All fresh fruits and vegetables, most frozen, canned, dried fruits/veggies	fruit pie fillings (some), fruit/veggie juices that are not 100% juice (some)
Dairy:	milk, most plain/fruit yogurts, natural cheeses, most ice cream	yogurt or ice cream with crunchy or cookie pieces, processed cheeses
Others:	apple cider vinegar, balsamic, rice, & red wine vinegars, distilled vinegars, all oils.	citric acid (foreign foods), malt vinegar, some people still caution distilled vinegars

- **Note About Vinegar** - Most Celiac Disease Resources state that the distillation process would remove the gliadin and that distilled vinegars are now safe for people with Celiac Disease. The Celiac Sprue Association advises being extra cautious if you are newly diagnosed with Celiac Disease, and they recommend waiting until the gut is healed before proceeding to use distilled vinegars.

