

# The King Soopers and City Market

## Gluten-Free Guide



## **King Soopers/City Market Gluten-Free Information Guide**

### **What is Gluten?**

**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**.

The proteins in wheat, barley, and rye that cause this sensitivity are called prolamins. The prolamin in wheat is called gliadin, in barley; hordein, and in rye; secalin. Almost all grains contain a prolamin, but only those found in wheat, barley, or rye will damage the intestines of a person with Celiac Disease.

Oats do not contain the gluten protein but a protein with a similar structure, and may contain gluten due to cross contamination from being processed with the other grains.

### **Who Could Benefit from a Gluten-Free Diet?**

Those who have any of the following:

- Celiac Disease
- Gluten Intolerance
- Digestive Disorders
- Autoimmune Disorders
- Autism
- ADHD

### **What is Celiac Disease?**

**Celiac Disease (CD)**, also known as Celiac Sprue, is a lifelong, chronic, inherited autoimmune condition. It is considered to be the most under-diagnosed common disease today affecting an estimated 1 in 100 children and adults in the United States. When people with CD eat foods that contain gluten, it creates an immune-mediated toxic reaction that causes damage to the small intestine. The damage in the small intestine prevents absorption of nutrients and can lead to malnutrition, anemia, osteoporosis, infertility and certain cancers. Even small amounts of gluten in foods can affect those with CD and cause health problems. Damage can occur to the small intestine even when there are no symptoms present.

To develop celiac disease (CD) three (3) things must be present: 1) you must inherit the gene, 2) consume gluten, and 3) have the gene triggered. Common triggers may include stress, trauma (surgeries, pregnancy, etc.), and viral infections.

Celiac Disease is permanent and the only treatment is a lifelong gluten-free diet.

### **Symptoms**

Celiac disease was once thought of a disease with only GI symptoms. It is now recognized that the disease is a multi-symptom, multi-system (organ) disease. Celiac

disease also does not routinely present with the 'textbook' symptoms that physicians learn. More often it presents with symptoms that can mimic other problems.

Most physicians recognize the classic symptoms of celiac disease: diarrhea, bloating, weight loss, anemia, chronic fatigue, weakness, bone pain, and muscle cramps. Physicians may not be aware that celiac disease frequently presents with other symptoms, some that do not involve the small intestine. More often, symptoms can include constipation, constipation alternating with diarrhea, or premature osteoporosis.

Overweight persons may also have undiagnosed celiac disease. Children may exhibit behavioral, learning or concentration problems, irritability, diarrhea, bloated abdomen, growth failure, dental enamel defects, or projectile vomiting. Others will have symptoms such as rheumatoid conditions, chronic anemia, chronic fatigue, weakness, migraine headaches, nerve problems such as tingling of hands or difficulty walking, or other conditions that are unexplained and/or do not respond to usual treatment.

People may have one or more of the above symptoms. Patients are frequently misdiagnosed as having 'irritable bowel syndrome', 'spastic colon/bowel', or Crohn's disease'.

### **Diagnosis**

Initial screening for CD is a blood test taken by your physician. The test can be referred to as a Celiac Panel or by the names of the individual tests. To provide the most accurate information, the blood test should include the following tests: anti-endomysial antibody (IgA EMA) and anti-gliadin antibody (IgA & IgG), and tissue transglutaminase (tTG IgA). These tests are very sensitive and specific for celiac disease. A gastroenterologist takes small intestine tissue biopsies if the results of the antibody test(s) are positive or he/she has a strong suspicion of CD. A biopsy showing damaged villi in the small intestine is the first half of the 'Gold Standard' to diagnosing CD. The second half of the 'Gold Standard' is improvement of health with the gluten-free diet.

### **Treatment**

Strict adherence to a gluten-free diet for life is the only treatment currently available. This involves the elimination of wheat, rye, barley, and derivatives of these grains from your diet. Medication is not normally required, unless there is an accompanying condition, e.g. osteoporosis, dermatitis herpetiformis, etc. Thriving, showing improvement and return of health on the gluten-free diet is the second half of the 'gold standard' of being diagnosed with CD.

### **Questions to Ask Your Doctor:**

- Should I take nutritional supplements?
- Could I have associated food intolerances?
- Where can I have a bone density study?
- What other concerns should I have?
- How can I find out about the diet?

## **What is Gluten Intolerance?**

Gluten Intolerance is varying degrees of sensitivity to gluten but does not involve the immune system. The symptoms could be flu-like and/or gastrointestinal (diarrhea, flatulence, acid reflux, fatigue or weight loss) but these symptoms are not life-threatening. People who test negative for celiac disease are known as Non-Celiac Gluten Intolerant (NCGI).

Consumption of gluten causes the individual gastrointestinal distress but improves when on a gluten-free diet and there is no indication of small intestinal damage. NCGI does not involve the immune system and generally is not life-threatening. Gluten intolerance may affect people with autism, multiple sclerosis or chronic fatigue and by eliminating gluten from their diets could improve some of the diseases symptoms.

## **Making Sure You Get the Proper Nutrition on a Gluten-Free Diet**

Following a gluten-free diet can make it difficult to get all the nutrients you need. Here are some general guidelines.

- Look for whole grain or enriched gluten-free grain products to ensure you are getting enough thiamin, riboflavin, niacin, folate, iron and fiber.
- Try adding flax seed and nut butters to your diet in order to increase your fiber.
- Beans are a great gluten-free source of protein and fiber.
- Aim for at least two servings of fruits and three servings of vegetables every day.
- Choose poultry and fish more often than pork and beef.

## **Gluten-Free Labeling**

Presently, there is no standardization on gluten-free labeling. It is always best to contact the manufacturer of your favorite items and discuss their gluten labeling practices.

If the product says gluten-free, then the product and ingredients have been verified to be gluten-free. Packages will either have a gluten-free statement, or a gluten-free symbol.

## **The Gluten-Free Certification Program**

The Gluten-Free Certification Organization (GFCO) is a program of The Gluten Intolerance Group®, also known as GIG®, and is a 501(c3) non-profit organization. GFCO is the only gluten-free certification program in the world.

GFCO provides an independent service to supervise gluten-free food production according to a consistent, defined, science-based standard that is confirmed by field inspections, in order to achieve heightened consumer confidence and safety. GFCO's Scientific and Professional Board review the practices of GFCO. GFCO inspects products for gluten and does not certify products for any other potential allergens.

The GF logo stands for the independent verification of quality, integrity, and purity of products. Products carrying the GF logo present unmatched reliability for meeting strict gluten-free standards. Currently, 6,000 products have met the standards for being Certified Gluten-Free.

## Manufactured in a Dedicated Facility

If the label states that the product was manufactured in a dedicated gluten-free facility, then the product was manufactured in a facility that has been tested and is guaranteed to be free of even trace amounts of gluten. This means that no products containing wheat, rye or barley are manufactured in that facility.

## Cautions

- Remember that wheat-free does not necessarily mean gluten-free.
- Gluten can be found in additives, seasonings and other ingredients present in food.
- Ingredients and suppliers change, which means items that are presently gluten-free, may contain gluten later.
- Labels that state, “Made with Gluten-Free Ingredients” are not necessarily gluten-free. Cross contamination can occur in certain situations. When in doubt, contact the manufacturer.

## Identifying Gluten in the Ingredients

- When reading ingredient lists, remember that all items contained in the product must be listed. For example, if a can of green beans states, “green beans, water, and salt,” those are the only ingredients contained in the product.
- The eight common allergens: wheat, dairy, eggs, soy, peanuts, tree nuts, fish and shellfish, must be called out on the ingredient panel.
- If there is no ingredient list then the only ingredient is the product itself.
- Sometimes you will see the term “natural flavors” in the ingredient list. Natural flavors may contain gluten. When you see the term “natural flavors” listed in the ingredients, you should check the gluten status of the product with the manufacturer.
- Ingredients such as artificial flavors and pure spices do not contain gluten.

## Naturally Gluten-Free Foods

- |   |  |
|---|--|
| ➤ <b>Alcohol-distilled beverages, some beers*</b>               | ➤ Millet                                   |
| ➤ Amaranth  | ➤ Montina                                  |
| ➤ Buckwheat (kasha)   | ➤ <b>Oats*-check for GF certification</b>  |
| ➤ <b>Butter*-watch for additives</b>                            | ➤ Oils-vegetable, olive, coconut, flax     |
| ➤ Chia seeds  | ➤ Nuts-raw, flours                         |
| ➤ Cheese-real, unprocessed, not Roquefort                       | ➤ Potato-plain, raw, flour, starch         |
| ➤ Corn-in any form: cornmeal, polenta, flour, Hasa Marina, etc. | ➤ Quinoa                                   |
| ➤ Eggs  | ➤ Rice                                     |
| ➤ Flax seeds  | ➤ Seafood-plain, unseasoned                |
| ➤ Fruits-plain, canned, fresh, frozen                           | ➤ Seeds                                    |
| ➤ Hemp-protein, milk  | ➤ Sesame                                   |
| ➤ Juice-all natural, fruit & vegetable                          | ➤ Sorghum                                  |
| ➤ <b>Kefir*-check flavored varieties</b>                        | ➤ Soy-milk, cheese, tofu, beans, nuts      |
| ➤ Legumes (beans, peas, lentils)                                | ➤ <b>Tamari*-check sauces</b>              |
| ➤ Masa-grits and pasta  | ➤ Tapioca                                  |
| ➤ Meat-plain, unseasoned  | ➤ Teff                                     |
| ➤ Milk-cow’s, almond, coconut, hazelnut, rice, soy, oat, hemp   | ➤ <b>Tempeh*-plain, unseasoned</b>         |
|   | ➤ <b>Yogurts*-check flavored varieties</b> |

\*check the label, or call the manufacturer

## *Naturally Gluten-Free Ingredients*

- Annatto
- Arrowroot
- Baking soda
- **Caramel color\*-GF when made from corn, not GF when made from barley**
- Carob
- Cellulose gum
- Citric, lactic, malic acids
- Corn starch
- Cream of tartar
- **Dextrin\*-can be made from wheat**
- Dextrose
- Gelatin
- Glucose syrup
- Guar gum
- Herbs-pure
- **Hydrolyzed Plant Protein (HPP)-usually okay in US\***
- **Hydrolyzed Vegetable Protein (HVP)-usually okay in US\***
- Lactose
- Lecithin
- Locust bean gum
- Maltodextrin
- Maltitol
- Manioc (tapioca flour)
- **Modified food starch\*-if made in US**
- **Mono- and Diglycerides (dry)\*-usually okay in US**
- **MSG\*-monosodium glutamate**
- Nuts-raw, flour
- Oat gum
- Rice
- Sago
- **Seasonings\*-pure seasonings okay, seasonings may contain additives**
- Silicon dioxide
- Spices-pure
- Starch-potato, tapioca, corn
- Sucrose
- Tapioca-starch, flour
- Vanilla and vanilla extract
- Vegetables-plain, canned, fresh, frozen
- Vegetable broth
- Vinegar-distilled, not malt
- Xanthan gum
- Yeast (except Brewers Yeast)

**\*check the label, or call the manufacturer**

## *Foods/Ingredients That Do Contain Gluten*

- Barley (in any form: grain, malt, etc.)
- Bran
- **Breading\*-unless made from a GF grain**
- Bulgur
- Couscous
- Durum
- Farina
- **Gravy\*-unless made with GF flour**
- Graham-flour, crackers
- Hydrolyzed wheat protein
- Licorice
- Maltodextrin
- Malt vinegar, flavoring, syrup, extract
- **Marinades\*-check label or call manufacturer**
- Matzah
- Matzo
- Ramen noodles
- Rye
- Spelt
- Kamut
- Triticale
- Seitan
- Semolina
- Sprouted wheat, rye, barley, spelt, kamut, triticale
- Tabbouleh
- Udon noodles
- Wheat (in any form: germ, bran, starch, sprouted, hydrolyzed, etc.)

**\*check the label, or call the manufacturer**

**General Information:**

- Be sure to read the label.
- King Soopers/City Market carries a wide variety of national brand gluten-free foods.
- We have many gluten-free products that are also free of other common allergens, such as nuts and dairy.
- Most of our gluten-free foods and products are also all natural, and many are organic.
- When cooking from scratch try combining gluten-free flours to improve the texture. You can also add tapioca to help hold it together.
- We have thousands of items that actually state they are gluten-free to help a customer like you shop with confidence. We also label these items with special shelf tags to highlight that they are gluten-free, so you can find these items quickly.
- For baking, the best thickener to use is xanthan gum. It is a bit expensive but you only need to use a small amount.
- Many gravy mixes contain gluten as a thickener. To make gluten-free gravy, make it from scratch and thicken it with potato starch.

**General Grocery:**

- Dried and canned beans are healthy items that, most times, do not contain gluten.
- Most canned vegetables and canned fruits do not contain any gluten ingredients.
- Rice is a great grain alternative for those following a gluten-free diet. Be sure to check the ingredients on flavored rice products.
- Quinoa is a gluten-free super food; both tasty and nutritious, it is a great addition to any diet.
- Boxed instant potatoes are often free of gluten containing ingredients. To avoid risk of cross contamination, it is best to make your own mashed potatoes.
- Canned, creamy soups can sometimes contain gluten as a thickener.
- Condiments can have hidden gluten ingredients. Always read the label, and if you are unsure, check with the manufacturer.
- Many Kroger condiments do not have any gluten containing ingredients.
- Most nut butters are gluten-free.
- Couscous is a wheat product.
- Some soy sauces can contain gluten. Be sure to check the label and contact the manufacturer.

**Cereal:**

- Many cereals contain malt, an ingredient derived from barley, which contains gluten. Be sure to read the label, and check with the manufacturer when in doubt.
- Oats do not inherently contain gluten but are often cross-contaminated in the field where they are grown or in the manufacturing facility.
- Check the Natural section in the cereal aisle for a wide variety of gluten-free cereals.

**Baking Aisle:**

- Spices are commonly single ingredient items that contain nothing but the spice itself and therefore do not contain any gluten. However, many seasoning blends may contain processing agents, and should be verified with the manufacturer.
- Also check out the natural bake set on the baking aisle to find all of your gluten-free baking needs. Some stores even have a dedicated gluten-free bake set.
- All Private Label baking chips and chunks have no gluten containing ingredients.
- All varieties of sugar do not contain any gluten. They are just sugar.
- Most cooking and baking sprays do not contain gluten. Beware of baking sprays that contain flour.
- Cooking oils just contain the oil and are safe to eat.
- The distilling process removes any traces of gluten in distilled vinegar, but malt vinegar contains gluten.

**Beverages and Snacks:**

- Check out our non-dairy, aseptic milk set where most items are gluten-free as well as dairy-free.
- Most natural fruit and vegetable juices do not contain gluten. Beware of added flavors.
- Most carbonated beverages do not contain gluten. Check with the manufacturer.
- Most drink mixes are made without gluten containing ingredients. Avoid those with malt.
- Coffee and tea are naturally gluten-free. Be cautious of added flavorings.
- Most beer contains gluten; look for Redbridge, a gluten-free beer made from sorghum.
- Purchase snacks that are corn, rice, quinoa or flax based; but always check the ingredients.
- Air popped popcorn is a good gluten-free snack.
- Many of the Kroger brand snacks are gluten-free. Look for the gluten-free shelf tag to identify these tasty snacks.

**Frozen Foods:**

- Most frozen vegetables and fruits are sold without any added ingredients. Beware of frozen vegetables in sauces. Check the ingredients to make sure the sauces do not have any gluten containing ingredients.
- Avoid ice creams with cake or cookie pieces in them.
- Many fruit popsicles are also gluten-free.
- Check out the natural and organic frozen doors to discover many gluten-free products. Some stores even have a dedicated gluten-free frozen set.

**Dairy:**

- Most cheeses are made without gluten containing ingredients. Beware of cheeses such as blue cheese and Roquefort, and processed cheese items, such as cheese in a can. If there are any ingredients in question, contact the manufacturer.
- Milk naturally does not contain any gluten, but avoid chocolate milk made with malt, malted milk, and some non-dairy creamers.

- Eggs are naturally gluten-free.
- Most butter and margarine products do not contain gluten.
- Most sour creams and cottage cheeses do not contain gluten.

### **Deli and Bakery:**

- Visit the frozen food section in the bakery for gluten-free breads, bagels, muffins, desserts, and other baked items.
- All Private Selection deli meats are gluten-free. However, speak with your Deli Manager to make arrangements to have your deli meats and cheeses sliced either first thing in the morning or after the slicers have been cleaned, due to the risk of cross-contamination.

### **Produce:**

- Pure, raw fruits and vegetables do not contain gluten.
- Fill your diet with at least two servings of fruit and three servings of vegetables daily.

### **Meat and Seafood:**

- Most fresh beef, pork, poultry, and fish are sold plain, with nothing added. These are the best meat and seafood items to choose.
- You can also purchase frozen varieties of plain beef, pork, poultry, and fish with nothing added.
- Check with the manufacturer when broth, marinades, or flavorings are added to beef, pork, poultry, or fish.
- Be sure to check the ingredients on processed meats such as bologna, hot dogs, lunchmeats, and sausages. Many of these items are made without gluten containing ingredients, but it is always important to double check.

### **Vitamins, Supplements, and Personal Care:**

- Due to the fact that some individuals are so sensitive to any amount of gluten, personal care companies are starting to label their products gluten-free.
- Many personal care items from Tom's of Maine, Burt's Bees, Kiss My Face and Desert Essence are gluten-free.
- Supplement companies, such as Rainbow Light, Nature's Way, American Health, and Schiff are also placing gluten-free labels on their products.
- Always check with the manufacturer of these products, as they can be sources of gluten too.

### **Pharmacy:**

- Always let your pharmacist know that you have a gluten allergy. Many prescription drugs contain inactive gluten ingredients as fillers.

\*Check labels for gluten containing additives and gums and ask questions about unlisted ingredients added during processing.

**\*\*For an electronic version of this document, please visit [www.kingsoopers.com](http://www.kingsoopers.com) or [www.citymarket.com](http://www.citymarket.com), go to Healthy Living, and click on Gluten-Free.**

**Resources:**

Gluten Intolerance Group (GIG) [www.gluten.net](http://www.gluten.net)

Celiac Sprue Association (CSA) [www.csaceliacs.org](http://www.csaceliacs.org)

Celiac Disease Foundation (CDF) [www.celiac.org](http://www.celiac.org)

National Foundation for Celiac Awareness (NFCA) [www.celiaccentral.org](http://www.celiaccentral.org)

Celiac Disease Awareness Campaign [www.celiac.nih.gov](http://www.celiac.nih.gov)