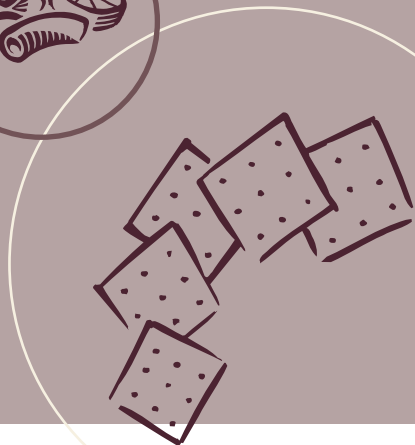


our gluten-free SHOPPING LISTS

Whole Foods Market has put together extensive lists of **gluten-free products** available at each Whole Foods Market location. As your partner in good health, **we're committed to bringing you the highest quality products available for any diet.** For a complete listing of products available for each store, go to the customer service desk and request a listing of gluten-free products to make your shopping easier. Or, you can find store-specific gluten-free product lists at: wholefoodsmarket.com/specialdiets/index.html

Please note that ingredients change. We have made every effort to be as accurate as possible, however, **we cannot be held responsible for individual reactions to any products nor can we guarantee the absence of cross-contamination.** Always read the label and/or check with the manufacturer. **Our gluten-free shopping list is only a guide to assist you in your shopping** for products available for your dietary needs and in no way should be considered as medical advice. Please keep in mind that there are products available in this category that may not be shown on our list.



OUR STORES

LAKEWOOD

Belmar
444 South Wadsworth Blvd.
Lakewood, CO 80226
303.935.5000
303.935.5206 *fax*

BOULDER

**Crossroads Common
Shopping Center**
2905 Pearl Street
Boulder, CO 80301
303.545.6611
303.545.6633 *fax*

COLORADO SPRINGS

7635 N. Academy Blvd.
Colorado Springs, CO 80920
719.531.9999
719.536.0101 *fax*

DENVER

Cherry Creek
2375 E. First Ave.
Denver, CO 80206
720.941.4100
720.941.8999 *fax*

DENVER

Hampden Ave & Tamarac
7400 E. Hampden Ave.
Denver, CO 80231
303.488.2000
303.488.2008 *fax*

FORT COLLINS

2201 South College Ave.
Fort Collins, CO 80525
970.267.9200
970.267.9201 *fax*

HIGHLANDS RANCH

9366 South Colorado Blvd.,
Ste. B
Highlands Ranch, CO 80126
303.470.6003
303.470.7366 *fax*

ALBUQUERQUE

5815 Wyoming Blvd. NE
Albuquerque, NM 87109
505.856.0474
505.858.3048 *fax*

SANTA FE

753 Cerrillos Road
Santa Fe, NM 87501
505.992.1700
505.992.2988 *fax*

KANSAS CITY

7401 West 91st Street
Overland Park, KS 66212
913.652.9633
913.652.9646 *fax*

RESOURCES & SOLUTIONS

for a
**Gluten
free
DIET**



why GLUTEN-FREE?

Celiac disease is a **chronic digestive and autoimmune disorder in which the body cannot tolerate gluten**, a protein found in wheat and other grains such as rye, barley, and spelt. In these individuals, **gluten triggers an immune response that damages the small intestine** and prevents it from properly absorbing nutrients. Approximately one in 133 people suffers some form of gluten sensitivity.



labeling INFORMATION

Celiacs should also avoid **bulgur, durum, couscous, matzo, triticale, seitan (a meat substitute), semolina, graham, farro and Kamut, licorice, some processed cheeses (which may contain wheat derivatives) and breaded meat, poultry or seafood products—unless specifically labeled “gluten-free.”** Oats do not contain gluten, but they too should be avoided due to the likelihood of cross-contamination. **It is crucial for celiacs to seek out gluten-free labels** or to contact the manufacturer if a product’s gluten status is unclear.



celiac-safe grains & INGREDIENTS

Current research shows that **rice and corn (maize)** are considered celiac-safe. **Millet, sorghum, Job’s Tears, tef and ragi** are thought to be genetically similar to corn, and therefore safe as well. (Additional research is necessary to make a definitive determination.) Other grains presumed safe include **buckwheat, amaranth, quinoa and rape**—the source for canola oil.

HIDDEN SOURCES

The source of many **ingredients must be carefully scrutinized to ascertain whether or not any gluten is present.** For example, modified food starch from corn is acceptable, as long as no wheat starch is included. Apple cider vinegar is acceptable, but distilled vinegars may contain gluten. Pure buckwheat or buckwheat flour is acceptable, but many buckwheat flours are contaminated with or have wheat flour added.

For a listing of ingredients and additives which may contain gluten, please visit:
wholefoodsmarket.com/specialdiets/gluten-free

LEARN MORE

- For information on gluten-free diets, products and recipes, go to wholefoodsmarket.com and refer to “special diets.”
- Contact your local celiac support group.

ONLINE RESOURCES

- celiac.org
- gluten.net
- csaceliacs.org
- celiaccenter.org
- foodallergy.org
- livingwithout.com