

Gluten Free Products

CONTINUED

Frozen Foods*

Against The Grain Baguette
Against The Grain Sesame Bagels
Against The Grain Dinner Rolls, (Original, Pumpernickel **NEW!**)
Against The Grain Pizza Crusts
Alexia Oven Reds, Oven Fries, Hash Browns, Oven Blends Fries
Birds Eye Frozen Vegetables: All Except With Sauce
Cascadian Farms Fruits, Vegetables
Amy's Enchiladas, Teriyaki Bowl, Org Mac & Cheese,
Amy's Shepards Pot Pie
Foods By George Cheese Pizza, English Muffins **NEW!**
Foods By George Brownies **NEW!**
Food For Life Brown Rice Tortillas
Glutino Bread with Flax Seed
Glutino Mac & Cheese, Penne Alfredo
Glutino Spinach & Feta Pizza
Glutino Whole Grain French Toast
Gluten Free Pantry Chocolate Chip Cookie Dough
Rice Expressions Whole Grain Brown Rice Pilaf

Ice Cream / Frozen Yogurt*

Gaga's Sherbetter Pints & Bars
Soy Delicious Creamy Vanilla & Chocolate Dessert
Stonyfield Vanilla, Dulce De Leche, After Dark Chocolate, Vanilla
Fudge Swirl Frozen Yogurt
Ben & Jerry's: Chunky Monkey, Organic Strawberry, Phish Food,
Uncanny Cashew, Cherry Garcia, Butter Pecan, Vanilla Heath
Bar Crunch, Peanut Butter Cup, Pistachio Ice Cream
Edy's Ice Cream: Except Cookie Dough & Brownie
Edy's Fruit Bars: All
Skinny Cow Regular & NSA Fudge Bars

Refrigerated Foods

Cabot Cheeses & Butter
Sargento Chef Style, Shredded & Sliced Cheeses
Laughing Cow French Onion Light, Regular Original
Athenos Feta
Heluva Good Cheeses: All
Kraft: Read Labels (will state on label)
I Can't Believe It's Not Butter Sticks, Spray & Tubs
Smart Balance Spread
Land-o-Lakes Butter & Margarine
Jell-O Gelatin Snacks 100 Calorie FF Pudding
Yoplait Yogurt: Original & Light
Stonyfield Yogurt: All
Egg Beaters Liquid Egg
Nestle Coffeemate Creamers: All
Simply Smart Cream: All
Hood Cream: All
Silk Soy Milk: All

Beer / Wine / Liqueur

Bard's Tale Beer: Dragons Gold
Redbridge Sorghum Beer
*Found In Our Frozen Dept.

WHAT IS CELIAC DISEASE?

Celiac disease (CD) is a genetic disorder. In people with CD, eating certain types of protein, called gluten, sets off an autoimmune response that causes damage to the small intestine. This, in turn, causes the small intestine to lose its ability to absorb the nutrients found in food, leading to malnutrition and a variety of other complications. Eventually, decreased absorption of nutrients can cause vitamin deficiencies that deprive your brain, peripheral nervous system, bones, liver and other organs of vital nourishment, which can lead to other illnesses. This is especially serious in children, who need proper nutrition to develop and grow. The offending protein, gluten, is found in wheat, barley, rye, and to a lesser extent, oats. No treatment can cure celiac disease. However, you can effectively manage celiac disease through changing your diet.

WHAT CAN I DO?

Read food labels

Food labels are your lifeline to better health. Always read the food label before you purchase any product. Some foods that may appear acceptable, such as rice or corn cereals, may contain gluten. What's more, a manufacturer may change a product's ingredients at any time. In July 2004, the U.S. Congress passed a bill requiring products containing wheat, milk, soy, peanuts, tree nuts, fish, shellfish or eggs to say so in plain English on the product's label. The bill also requires the FDA to develop a standard definition of "gluten-free" to make it easier for shoppers with celiac disease to identify products.

Call the manufacturer

If you can't tell by the label if a food contains gluten, don't eat it until you check with the product's manufacturer.

FOR MORE INFORMATION:

www.celiacsolution.com

IF YOU HAVE SUGGESTIONS OR REQUESTS PLEASE EMAIL:

glutenfree@ringbrosmarketplace.com

OR CALL: [508-394-2244](tel:508-394-2244)

To our knowledge these products are all gluten free. We are not responsible for a listing- which is not gluten free. Manufacturers may change a product's ingredients at any time. This list does not include information regarding cross contamination.
As such please use this list at your own risk.

©2007 Ring Bros. Marketplace.

Revised 05/09

Gluten Free Guide


Ring Bros.
Marketplace

All the best under one roof.

For those that are gluten intolerant this is a **partial** list of gluten free items that we carry. Some items do not state "gluten free" on the label but are appropriate for individuals on gluten free diets. Although there are many more gluten free items in our store, they are not all listed here. Items change frequently so we apologize if an item on this list has been discontinued. Please look out for new items which are being added weekly.



Gluten Free Products

Baked Goods

Good JuJu Bakery Banana Bread*
Good JuJu Bakery Heat & Serve Dinner Rolls*
Good JuJu Bakery English Muffins*
Good JuJu Bakery Banana Nut Muffins*
Good JuJu Bakery Cupcakes (Choc & Van)*
Good JuJu Bakery Cookies*
Ener-G White Rice Loaf, Brown Rice Loaf, Rolls
Rustic Crust G/F Napoli Herb Pizza Crust **NEW!**

Baking Mixes / Fillings

Bascom Tapioca
Cherrybrook Kitchen Frosting
Cherrybrook Kitchen Cake / Cookie / Pancake Mix
Comstock Fruit Fillings: All
Oregon Cherry Fruit Fillings: All
Solo Apricot Cake and Pastry Filling
Namaste Muffin Mix
Namaste Pancake & Waffle Mix
None Such Mince Meat
Grandma's Fig Pastry Filling
Pamela's Gluten Free Baking Mix
Libby's Pumpkin Pie Filling
One Pie Squash
Bar Harbor Indian Pudding
Jello Brand Pudding and Gelatins: All
Gluten Free Pantry Brownie Mix / Pie Crust Mix
Simply Organic Baking Mixes: All

Baking Supplies / Flour

Amore Tomato, Pesto, Garlic, Hot Pepper Paste
Argo Pure Corn Starch
Arm & Hammer Baking Soda
Rumford Baking Powder
Ghiradelli Ground Baking Chocolate: All
Ghiradelli Baking Bars: All (except white)
Ghiradelli Baking Discs: All (except white)
Hershey's Cocoa
Droste Cocoa
Equal Exchange Organic Baking Cocoa
Bob's Red Mill Almond Meal Flour
Florida Crystals Natural Milled Cane Sugar
Splenda Sweetener
Saco Cultured Buttermilk for Baking
India Tree Decorating Candies: All
Marmite Yeast Extract
Odense Marzipan, Almond Paste
Holiday Blackstrap Molasses
Crisco: All
Spectrum Coconut, Sunflower, Canola Oils
Pam Cooking Spray: All
Olive Oil / Corn Oil / Vegetable Oil
All Vinegars (except for malt vinegar)
Karo Syrups
All Salts & Peppers
Durkee Spices, Extracts, Food Coloring: All
Simply Organic Spices
Let's Do Organic Coconut Flakes

Madhava Agave Nectar: Amber **NEW!**

Beverages

Fiji Natural Artesian Water
Dasani Water
Poland Spring Sparkling Spring Water
San Pellegrino Sparkling Mineral Water
Ocean Spray: Juice & Tea Drinks
Gatorade: Thirst Quenchers
Arizona Ice Tea: All
Tropicana: All
Newman's Own: All
Hawaiian Punch
Pepsi: All
Coca-Cola: All
Orangina
Izze: All
Reeds Ginger Beer: All
Virgil's Root Beer

Breakfast Foods

Bakery On Main Gluten Free Granola
Bob's Red Mill Gluten Free Hot Cereal **NEW!**
Arrowhead Rice & Shine Hot Cereal
Cherrybrook Kitchen Pancake Mix
Erewhon G/F Crispy Brown Rice Cereal **NEW!**
Glutino Apple Cinnamon / Honey Nut Cereal
Glutino Breakfast Bars Cranberry
Lundberg Hot & Creamy Rice Cereal

Coffee / Hot Chocolate / Tea

Coffee: Hogan Brothers, Starbucks, New England, Peet's: Check Flavored Coffees
Hot Chocolate Mix: Equal Exchange Organic, Nestles, Ghiradelli Chocolate Mocha
Green & Black Organic Hot Chocolate
Tea: Salada, Lipton, Twinings, Tazo, Stash: All
Celestial Seasonings: All Ex Gngr Bread Spice

Chocolate / Candy / Bars

Bakery On Main G/F Granola Bars: All **NEW!**
Genisoy Chunky Peanut Butter Protein Bar
Dagoba Milk, Dark Chocolate, Milk Latte, Dark Raspberry, Dark Cherry, Dark Lime, Dark Mint, Milk Hazelnut, Lavendar, New Moon Chocolate Bar
The Ginger People Original Ginger Chews
Larabar Nutritional Bars: All

Condiments / Sauces / Salsas

Mayonnaise: Cains, Hellmann's, Spectrum
Mustard: French's, Guldens, Grey Poupon
Ketchup: Woodstock Farms, Heinz (Except Organic)
Cain's Hamburger & Hotdog Relish
Gold's Horseradish
Bone Sucking Sauce: All
Stonewall Kitchen Sauces: All (except Gngr Teriyk)
Casa Fiesta Mild Enchilada Sauce
Ortega Taco Sauce Mild & Spicy

Taste of Thai Sweet Red Chili Sauce
Sambal Oelek Chili Paste
HoKan Wasabi Powder, Chili Sauce with Garlic, Plum Sauce
Green Mountain Gringo Salsa: All
Gallagher's Salsa: Chipotle & Queso
Pemberton's Salsa: All Except Pineapple
Pemberton's Tuscan Olive, Artichoke Spinach, Sun-dried Tomato Garlic Pesto
Newman's Salsas: All
San-J Wheat Free Soy Sauce
Gold's Wasabi Sauce
Thai Kitchen Green Curry, Red Curry Paste
Thai Kitchen Fish Sauce
Ah So Sparerib Sauce
Taste of Thai Coconut Milk
Casa Fiesta Guacamole Seasoning, Taco Mix
Joyva Sesame Tahini
Nantucket Off Shore Spice Rubs
New England Cranberry Jams & Jellies
Cape Cod Cranberry Harvest Jams & Jellies
Lollipop Tree Sauces, Jams and Jellies
Wicked Natural Eggplant, Island Fruit Salsa, Mustard Dill, Caramel Mustard, Ketchup

Cookies/Crackers

Arico Natural Foods Cookies
Dr. Lucy's Cookies **NEW!**
Edwards Brown Rice Crackers G/F **NEW!**
Gillian's Foods Gluten Free Breadcrumbs **NEW!**
Glutino Crackers
Glutino Sandwich Cookies: All
Let's Do Org Gluten Free Ice Cream Cones
Mary's Gone Crackers, Flax Seed Crackers
Natural Nectar Gluten Free Cracklebread **NEW!**
Schar Table Crackers **NEW!**
Schar Ladyfingers **NEW!**
Schar Cookies and Wafers **NEW!**

Pasta/Pasta Sauces

Muir Glenn Organic Pasta Sauces: All
Classico Pasta Sauce: All
Bertolli Alfredo Sauce
Boves Pasta Sauce: All
Capa Di Roma Sauce: All
Dave's Gourmet Sauces: All
Stonewall Kitchen Marinara Sauce
Pemberton's Pasta Sauce: All
Raos Pasta Sauce: All
Bionature: G/F Penne, G/F Fusilli, G/F Spaghetti, G/F Elbow Pasta
Tinkiyada Penne, Spaghetti, Lasagna Noodles
Annie Chuns: Rice Noodles, Pad Thai Noodles

Rice / Beans / Grains

Uncle Bens: White, Brown, Wild Rice
Minute Rice: White, Brown Rice

Casa Fiesta Mexican Style Rice
Rice Select: All Varieties Except Royal Blend
Lundberg Risotto: Tuscan, Alfredo, Creamy Parm.
La Polenta: Polenta
Beretta Polenta
Honest Earth Powdered Mashed Potatoes **NEW!**
Natures Path Flax Seeds, Flax Meal

Salad Dressings

Annie's Caesar, Org Red Wine & Olive Oil Vinaigrette, Honey Mustard, Green Goddess, LF Raspberry Vinaigrette, Balsamic Vinaigrette, French, Rstd Red Pepper Vinaigrette, LF Honey Mustard Vinaigrette, Cowgirl Ranch, Org Thousand Island, Tuscan Italian Vinaigrette
Drew's Romano Caesar, Garlic Italian, Honey Dijon, Buttermilk Ranch, Raspberry Dressing
Stonewall Kitchen Salad Dressing: All
Newman's Salad Dressings: All
Ring Bros. Markets Dressings: All except Blue Chs
Riverway Cape Cod Dressing
Olde Cape Cod Dressings: All
Kraft Salad Dressing: All
Wishbone Salad Dressing: All
Hidden Valley Ranch, Coleslaw Dressing

Snacks / Chips

Frito Lay Tostitos, Potato Chips, Salt & Vinegar, Sour Cream & Onion, Thick cut Sea Salt, Ruffles
Robert's American Veggie Booty, Pirate Booty
Food Should Taste Good Tortilla Chips: All
Laurel Hill Multigrain Tortilla Chips
Cape Cod Potato Chips: All Except Barbeque
Glenny Soy Crisps: All
Glutino G/F Pretzels
Eden Organic Original Pumpkin Seeds / Spicy
Glutino Sesame Breadsticks, Pizza Breadsticks
Glutino Chewy Granola Bars Peanut Butter
Lesser Evil Black & White, Sinnamon Popcorn
Lundberg Rice Cakes
Sahale Ksar, Socorro, Soledad, Valdosta Blend
Terra Sweet Potato Chips

Soups / Broth / Chili

Amy's LS Cream of Tomato Soup, LS Lentil Vegetable Soup, Org Cream of Tomato Soup, Org Lentil Soup, Org LF Black Bean Soup, FF Split Pea, Chunky Tomato
Amy's Medium Chili, Spicy Chili
Kitchen Basics Broth: All
Pacific Natural Foods Soups: All
Thai Kitchen Soups: All

Note: When the word "ALL" is used it refers to only the varieties we carry at our store.

***Found In Our Frozen Dept.**