

Gluten Free Products

CONTINUED

Frozen Foods*

Against The Grain Baguette, Pizza Crusts, Sesame Bagels
Against The Grain Dinner Rolls: Original, Pumpernickel
Alexia Oven Reds, Oven Fries, Hash Browns, Oven Blends Fries
Birds Eye Frozen Vegetables: All Except With Sauce
Amy's Enchiladas, Teriyaki Bowl, Rice Mac & Cheese,
Amy's Shepard's Pot Pie, Cheese Enchilada
Foods By George Cheese Pizza
Foods By George Brownies, English Muffins, Blueberry Muffins
Food For Life Brown Rice Tortillas
Frenth Meadow Bakery Choc Chip Cookie Dough
Glutino Bread: Flax Seed, Fiber Loaf
Glutino Mac & Cheese, Penne Alfredo
Glutino Spinach & Feta Pizza, Duo Cheese Pizza
Rice Expressions Whole Grain Brown Rice Pilaf
Conte's Cheese Raviolis
Kinninick Cinnamon Sugar Donuts, Pie Shells **NEW!**
Aleia's Cinnamon Raisin, Farmhouse White Bread
Ian's G/F Chicken Nuggets
Schar Ciabatta Rolls **NEW!**
Julian's Gluten Free Pancakes **NEW!**

Ice Cream / Frozen Yoquirt*

Gaga's Sherbetter Pints
Soy Delicious Coconut Bars, Ice Cream
Stonyfield Vanilla, Dulce De Leche, After Dark Chocolate, Vanilla
Fudge Swirl Frozen Yogurt
Ben & Jerry's: Chunky Monkey, Phish Food, Cherry Garcia, Peanut Butter Cup, Ice Cream
Edy's Ice Cream: Except Cookie Dough
Edy's Fruit Bars: All
Skinny Cow Fudge Bars

Refrigerated Foods

Cabot Cheeses & Butter
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 Spray & Tubs (Note: Some allergic reactions have been reported so please read the label.)
Smart Balance Spread
Land-o-Lakes Butter & Margarine
Jell-O Gelatin Snacks 100 Calorie FF Pudding
Yoplait Yogurt: Original & Light
Stonyfield Drinkable Yogurt: All
Stonyfield Yogurt: All
Egg Beaters Liquid Egg
Nestle Coffeemate Creamers: All
Simply Smart Cream: All
Hood Cream: All
Silk Soy Milk: All
Cape Cod Original Seafood Chowder (Chatham F&L)

*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

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.

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Revised 12/2011

Gluten Free Guide



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

Baking Mixes / Fillings

Bascom Tapioca
Cherrybrook Kitchen Frosting, Cake & Cookie Mix
Comstock Fruit Fillings: All
Oregon Cherry Fruit Fillings: All
Namaste Muffin Mix, Pancake & Waffle Mix. Pizza
Crust Mix, Brownie Mix, Perfect Flour Blend **NEW!**
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

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)
Hershey's Cocoa
Ghiradelli 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
Odense Marzipan, Almond Paste
Holiday Blackstrap Molasses

Crisco: All

Spectrum Coconut, Sunflower, Canola Oils
Pam Cooking Spray (except baking spray)

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: All

Let's Do Organic Coconut Flakes

Madhava Agave Nectar: Amber

Native Forest Org Mandarin Oranges

Gillian's Foods Gluten Free Breadcrumbs **NEW!**

Eden Kudzu Root Starch **NEW!**

Beverages

Fiji Natural Artesian 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

Coca-Cola: All

Orangina

Izze: All

Reeds Ginger Beer: All

Virgil's Root Beer

Q Tonic Tonic Water **NEW!**

Knudsen Juice: Just Cranberry, Very Veggie

Smart Juice: Apricot, Pomegranate

Naked Coconut Water, Original

Breakfast Foods

Bakery On Main Gluten Free Granola
Bob's Red Mill Gluten Free Hot Cereal
Arrowhead Rice & Shine Hot Cereal
Cherrybrook Kitchen Pancake Mix
Erewhon G/F Crispy Brown Rice Cereal
Glutino Honey Nut, Frosted Flakes Cereal
Glutino Breakfast Bars Cranberry
Lundberg Hot & Creamy Rice Cereal
Natures Path g/f Vanilla Sunrise Cereal

Coffee / Hot Chocolate / Tea

Coffee: Hogan Brothers, Starbucks, New England,
Peet's, Beanstock **NEW!** Check Flavored Coffees
Hot Chocolate Mix: Equal Exchange Organic, Nes-
tles, Ghiradelli Chocolate Mocha
Silly Cow Hot Chocolate **NEW!**
Green & Black Organic Hot Chocolate
Tea: Salada, Lipton, Tazo, Stash: All
Tea: Twinings, Twinings Organics: All **NEW!**
Celestial, Republic of Tea: All Ex Holiday Varieties

Condiments / Sauces / Salsas

Mayonaisse: Cains, Hellmann's, Spectrum
Mustard: French's, Guldens, Grey Poupon
Ketchup: Woodstock Farms, Heinz (Except Organic)
Cain's Hamburger & Hotdog Relish
Bone Sucking Sauce: All
Stonewall Kitchen Sauces: All (except Gngr Terryk)
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, Plum Sauce
Green Mountain Gringo Salsa: All
Newman's Salsas: All
Meditalia Olive Tapanade: Black & Green **NEW!**
San-J Wheat Free Soy Sauce
Gold's Wasabi Sauce
Thai Kitchen Green Curry, Red Curry Paste
Thai Kitchen Fish Sauce
Taste of Thai Coconut Milk
Casa Fiesta Guacamole Seasoning, Taco Mix
Joyva Sesame Tahini
New England Cranberry Jams & Jellies
Cape Cod Cranberry Harvest Jams & Jellies
Mimicreme Cream Substitute
Ojai Lemonaise: All

Dulcet Ketchup, Mustard **NEW!**

Rufus Teague BBQ Sauces **NEW!**

Stubb's BBQ Sauces and Marinades

Magic Seasoning

Frontera Salpica Salsa: All **NEW!**

Justin's Almond Butter & Peanut Butter

Cookies/Crackers

Dr. Lucy's Cookies
Edwards Brown Rice Crackers G/F
Glutino Crackers and Cookies
Glutino Bagel Chips **NEW!**
Mary's Gone Crackers, Flax Seed Crackers, Cookies
Natural Nectar Gluten Free Cracklebread
Schar Table Crackers, Breadsticks
Schar Ladyfingers, Cookies and Wafers
Aleia's Cookies and Macaroons
Sesmark: Original, Savory, Brown Rice Thins
Kame Rice Crackers: All
Tate's Gluten Free Choc Chip Cookies **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
Stonewall Kitchen Marinara Sauce
Raos Pasta Sauce: All
Bionature G/F Pastas
Schar G/F Penne, Spaghetti
Tinkiyada Penne, Spaghetti, Lasagna Noodles
Annie Chuns: Rice Noodles, Pad Thai Noodles
Namaste Mac & Cheese **NEW!**

Rice / Beans / Grains / Vegetables

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
Colavita Polenta
Honest Earth Powdered Mashed Potatoes **NEW!**
Natures Path Flax Seeds, Flax Meal
Ancient Harvest Quinoa **NEW!**
Annie Chun's Rice Express **NEW!**
Rick's Picks: People's Pickle, Hotties, Sour **NEW!**

Salad Dressings

Annies 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, Tusany Italian Vinaigrette
Drew's Romano Caesar, Garlic Italian
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
Brianna's Dressing: Ginger, American, Poppy,
French, Dijon Honey, Blush Wine, Santa Fe, Lemon
Tarragon, Champagne, Ranch

Snacks / Chips / Candy

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 Tortilla Chips: All New Flavors
Cape Cod Potato Chips: All Except Barbeque
Deep River Snacks Chips: All
Glenny Soy Crisps: All
Glutino G/F Pretzels

Glutino Chocolate Covered Pretzels **NEW!**

Eden Organic Original Pumpkin Seeds / Spicy

Gerb's Pumpkin Seeds: All

Glutino Chewy Granola Bars

Mary's Gone Crackers Sticks and Twigs

Lundberg Rice Cakes

Popcorn Indiana Popcorn: All

Sahale Ksar, Socorro, Soledad, Valdosta Blend

Terra Sweet Potato Chips

Kind Plus Bars: All

Our own packaged Vegetable Chips

Green Mountain Gringo Tortilla Strips

Jungle Kale Krisps: Cheesy, Garlic, Maple **NEW!**

Snikiddy Snacks: Sea Salt Fries

Newman's Popcorn: Butter, Lt Butter, Natural

Popchips: Jalapeno only

The Ginger People Original Ginger Chews

Larabar Nutritional Bars: All

Soups / Broth / Chili / Etc.

Amy's LS Cream of Tomato Soup, Lentil Veg 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
Better Than Bouillon Bases: Chicken, Vegetable
Sierra Soups: All **NEW!**
Thai Kitchen Soups: All

Beer / Wine / Liqueur

Bard's Tale Beer: Dragons Gold
Redbridge Sorghum Beer

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