

Gluten Free Products

CONTINUED

Frozen Foods

Against The Grain Baguette, Pizza Crusts, Bagels, Rolls, Pita
Alexia Oven Fries, Waffle Fries, Potato Puffs **NEW!**
Birds Eye Frozen Vegetables: All Except With Sauce
Amy's Enchiladas, Teriyaki Bowl, Shepards Pot Pie, Burrito
Foods By George English Muffins
Food For Life Brown Rice Tortillas, English Muffins, Pizza
Glutino Bread: Flax Seed, Fiber Loaf
Glutino Pizza
Kinnikinnick Donuts, Pie Shells (Seasonal)
Aleia's Farmhouse White Bread
Feel Good Foods G/F Egg Rolls
Natures Path Waffles
Piping Gourmets Whoopie Pies
Julian Bakery Paleo Bread **PALEO**
Pasta Goddess G/F Raviolis
Wholly Wholesome Pizza Dough Ball **NEW!**
Caesar's G/F Cheese Lasagna

Ice Cream / Frozen Yogurt

Soy Delicious Coconut Bars, Ice Cream
Stonyfield Frozen Yogurt
Ben & Jerry's: Phish Food, Cherry Garcia, Peanut Butter Cup
Edu's Ice Cream: Except Cookie Dough
Jolly Llama Sorbet Pops
Gelato Fiasco Madagascar Vanilla Bean Gelato
Diana's Banana Babies
Edu's Fruit Bars: All
Enlightened Ice Cream Bars **NEW!**
Sorbabes Sorbet: All **NEW!**
Brio Ice Cream: All **NEW!**
Halo Top Ice Cream: Sea Salt Caramel, Peanut Butter Cup **NEW!**

Refrigerated Foods

Cabot Cheeses & Butter
Laughing Cow French Onion Light, Regular Original
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
Yoplait Yogurt: Original & Light
Stonyfield Yogurt & Drinkable Yogurt: All
Egg Beaters Liquid Egg
Hood Cream & Simply Smart Cream
Silk Soy Milk: All
Chobani Yogurt: All
Green Mountain Yogurt: All
Ripple Milk **NEW!**
Cappellos Cookie Dough **NEW!**

Beer / Wine / Liquor

Redbridge Sorghum Beer
Omission Brewing Co. Beer (Gluten Removed)

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.

Gluten Free Guide

Ring Bros. Marketplace

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

Baby / Kids

Happy Baby Yogurt Fruit Snacks, Puffs
Hot Kid Baby Mum Mum Rice Snacks
GoGo Squeeze Applesauces **NEW!**

Baked Goods / Bread

Schar Ciabatta Rolls, Deli Style Bread
UDI's Gluten Free Breads & Rolls

Baking Mixes / Fillings

Bascom Tapioca
Cherrybrook Kitchen Frosting, Cake & Cookie Mix
Comstock Fruit Fillings: All
Oregon Cherry Fruit Fillings: All
None Such Mince Meat
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
Enjoy Life Brownie Mix **NEW!**
Stonewall Kitchen G/F Baking Mixes, Pnk & Wfl

Baking Supplies / Flour

Amore Tomato, Pesto, Garlic, Hot Pepper Paste
Argo Pure Corn Starch
Arm & Hammer Baking Soda
Rumford Baking Powder
Cup4Cup Gluten Free Flour
Ghirardelli Gr.Baking Chocolate & Bars (ex white)
Hershey's Cocoa
Equal Exchange Organic Baking Cocoa
Bob's Red Mill G/F Pizza Crust, Cornbread, Pancake Mix,
1/1 Flour, Potato Starch, Quinoa Flour
Ian's Gluten Free Panko Breadcrumbs
Namaste Perfect Flour Blend
Patella's Gluten Free Baking Mix
Nutiva Coconut Flour **NEW!**
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
Spectrum Coconut, Sunflower, Canola Oils
Pam Cooking Spray (except baking spray)
Olive Oil / Corn Oil / Vegetable Oil
Vinegars: All except for malt vinegar
Karo Syrups (Dark & Light)
Salts & Peppers: All
Durkee Extracts, Food Coloring
Watkins Food Coloring **NEW!**
Simply Organic Spices: All
Let's Do Organic Coconut Flakes
Madhava Agave Nectar: Amber
Bragg Liquid Aminos
Stevita Supreme

Breakfast Foods

Bakery On Main G/F Oatmeal
Bob's Red Mill Gluten Free Hot Cereal, G/F Sc Oats
Cherrybrook Kitchen Pancake Mix
Glutino Cereals, Breakfast Bars
Love's Grown Foods Hot Oats
Natures Path Q'a Oatmeal, G/F Cereals **NEW!**
Envirokids Kids Cereals: All **NEW!**

Enjoy Life Pacake & Waffle Mix **NEW!**
Paleonola Granola **NEW! PALEO**
Glutenfreeda Oatmeal
Small Batch Granola Bark **NEW!**

Candy, Chocolate & Protein Bars

Raaka Chocolate Bars: All **NEW!**
RX Bars: All **NEW!**
Nugo Protein Cookies **NEW!**
One Protein Bars **NEW!**
Fuel For Fire Protein Pouches **NEW!**
Kind Bars: Read Labels
The Ginger People Original Ginger Chews
Larabar Nutritional Bars: All
Think! Bars: Select Varieties
Purely Organic Bars: Choc Brownie
Yum Earth Gummy Bears, Sour Beans, Fruit Snacks

Coffee / Hot Chocolate / Tea

Coffee: Hogan Bros, Starbucks, NE, Peet's, Kicking Horse
NEW!, Ring, Beanstock (Check Flavored)
Hot Chocolate: Equal Exchange, Nestles, Silly Cow
Tea: Salada, Lipton, Tazo, Stash, Twinings, Zest **NEW!**,
Tea Guys **NEW!**, Celestial, Republic of Tea: All Ex Holiday
Varieties
Pacific Hemp Beverage: Vanilla

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
BBQ Sauces: Bone Suckin, Dinosaur, Stubbs, Rufus
Teague, Lillie's **NEW!**
Moore's Sauces: Buffalo & Teriyaki **NEW!**
Stonewall Kitchen Sauces: All (except Gngr Teriyk)
Casa Fiesta Mild Enchilada Sauce
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
Tenayo Salsa: All **NEW!**
Meditalia Olive Tapanade: Black & Green
San-J Wheat Free Soy Sauce
Gold's Wasabi Sauce
Thai Kitchen Green, Red Curry Paste, Fish Sauce
Taste of Thai Coconut Milk
Casa Fiesta Guacamole Seasoning, Taco Mix
Jovya Sesame Tahini
New England Cranberry Jams & Jellies
Cape Cod Cranberry Harvest Jams & Jellies
Ojai Lemonaise: All
Avonaise: All **NEW!**
Stubb's Marinades
Magic Seasoning
Frontera Salpica Salsa: All
Justin's Almond Butter & Peanut Butter
Chef Myron's Sauces
San J Soy, Teriyaki, Peanut, Shoyu, Tamari Sauces
Wing Time Buffalo Wing Sauces
TGI Friday's Buffalo, Key Lime Sauces **NEW!**
Slotterbeck Sauces: Lemon Pepper, Mango
Urban Accents BBQ Rubs

Cookies/Crackers

Dr. Lucy's Cookies
Edwards Brown Rice Crackers G/F
Van's G/F Veggie Crackers **NEW!**
Wellaby's Simple Bakes **NEW!**
Glutino Crackers, Bagel Chips
Mary's Gone Crackers, Flax Seed Crackers, Cookies
Schar Table Crackers, Ladyfingers, Cookies, Wafers
Aleia's Cookies and Macaroons
Sesmark: Original, Savory, Brown Rice Thins
Kame Rice Crackers: All
Tate's Gluten Free Cookies
Quaker Rice Cakes: White Cheddar
Skinny Pop Rice Cakes **NEW!**
Sesmark Ancient Grains Crackers
Breton Gluten Free Crackers
Lundberg Rice Cakes
Free For All Kitchen Crackers
Pamela's Chunky Chocolate Chip Cookies
Poppies Coconut Macaroons **NEW!**

Pasta/Pasta Sauces

Pasta Sauces: Muir Glen, Classico, Boves, Capri Di Roma,
Stonewall Kitchen, Rao's, Scarpetta, Ooma, Cucina Antica,
Bertolli: Alfredo Sauce
Annie's Homegrown G/F Mac & Cheese
Bionature G/F Pastas
Schar G/F Penne, Spaghetti
Tinkiyada Penne, Spaghetti, Lasagna Noodles
Annie Chuns: Rice Noodles, Pad Thai Noodles
Andean Dream Quinoa Pasta
Field Day Brown Rice Pasta: All **NEW!**
Al Dente G/F Spinach Spirals **NEW!**
Garafalo Gluten Free Pastas **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 & Rice
Honest Earth Powdered Mashed Potatoes
Bob's Red Mill G/F Flax Seeds, G/F Flax Meal
Ancient Harvest Quinoa
Annie Chun's Rice Express
Cucina & Amore Quinoa Meals **NEW!**
Cucina & Amore Beans **NEW!**

Salad Dressings

Annie's Ceasar, 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 Thou-
sand Island, Tuscan Italian Vinaigrette
Stonewall Kitchen Salad Dressing: All
Newman's Salad Dressings: All
Ring Bros. Dressings: All except Caesar & Ranch
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

Pirate's Smart Puffs, Cheddar Booty
Food Should Taste Good Tortilla Chips: All
Cape Cod Potato Chips: Read labels
Laurel Hill Tortilla Chips: All **NEW!**
Deep River Snacks Chips: All
Glenny Soy Crisps: All
Glutino G/F Pretzels
Eden Organic Original Pumpkin Seeds / Spicy
Glutino Chewy Granola Bars
Mary's Gone Crackers Sea Salt Pretzels
Lundberg Rice Chips
Our own packaged Vegetable Chips
Green Mountain Gringo Tortilla Chips: All
Snikiddy Snacks Corn Puffs
Beanitos Cinnamon Twists **NEW!**
Simply 7 Chips and Quinoa Twirls **NEW!**
Wa-Tu-See Chickpeatos **NEW!**
Newman's Popcorn: Butter, Lt Butter, Natural
Popchips: All
Skinny Pop Popcorn, Microwave Popcorn **NEW!**
Xochitl Salted Tortilla Chips
Terra Vegetable Chips, Sweet Potato Chips
Bakery On Main Granola Bars
Made Good Granola Bars, Minis: All **NEW!**
Seapoint Edamame Snacks
Biena Chickpea Snacks
Calbee Snapea Crisps
Cello Cheese Whisps:All **NEW!**
Love Corn Roasted Corn: All **NEW!**
Clif Kids Fruit Rope
Saffron Road Bean Stalks & Lentil Chips **NEW!**
Snacks101 Popcorn **NEW!**
Late July Thin Tortilla Chips
Sahale Snacks: Nut Blends
Perky Jerky: Original **NEW!**
Natures Path Granola Bars
Rhythm Kale Chips, Beet Chips **NEW!**
Pipcorn Sea Salt Popcorn **NEW!**
Forager Vegetable Chips **NEW!**
Mi Nina Tortilla Chips
Golden Natural Rice Sticks
Angie's Boom Chicka Pop Popcorn

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
Pacific Broth: All
Pacific Soups: Creamy Tomato, French Onion
Better Than Bouillon Bases: Chicken, Vegetable
Sierra Dry Soups: All
Zuop Bone Broth: All **NEW!**
Gluten Free Café Chicken Vegetable Soup **NEW!**
Frontier Dry Soup Mixes **NEW!**

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