

# Gluten Free Products

CONTINUED

## Frozen Foods

Against The Grain Baguette, Pizza Crusts, Bagels, Rolls, Pita  
Alexia Oven Fries, Waffle Fries, Potato Puffs  
Amy's 3 Cheese Pasta & Kale Bowl, G/F Burrito  
Applegate Breakfast Sausages  
Applegate Gluten Free Chicken Nuggets, Chicken Tenders  
Base Culture Keto Bread  
Bonafide Provisions Bone Broth  
Caulipower Pizza, Pasta, Chicken Tenders, Pasta **NEW!**  
Feel Good Foods G/F Egg Rolls, Bites, Potstickers, Deep Dish  
Pizza  
Food For Life English Muffins  
Glutino English Muffins  
Henry & Lisa Salmon Burgers  
Katz Heavenly Crème Cakes  
Kinnikinnick Donuts, English Muffins, Pie Shells (Seasonal)  
Natures Path Waffles  
O'Dough Breads and Bagel Thins  
Wholly Wholesome Pizza Dough Ball

## Ice Cream / Frozen Yogurt

Arctic Zero Frozen Dessert  
Ben & Jerry's: Phish Food, Cherry Garcia, Peanut Butter Cup  
Bubbie's Mochi: All  
Enlightened Ice Cream Bars  
GoodPop Pops: Starwberry  
Jolly Llama Sorbet Pops  
Luigi's Italian Ice  
Rebel Ice Cream

## Refrigerated Foods

Cabot Cheeses & Butter  
Chobani Yogurt: All  
Egg Beaters Liquid Egg  
Heluva Good Cheeses: All  
Hood Cream & Simply Smart Cream  
I Can't Believe It's Not Butter Spray & Tubs (Note: Some allergic  
reactions have been reported so please read the label.)  
Kraft: Read Labels (will state on label)  
Land-o-Lakes Butter & Margarine  
Laughing Cow French Onion Light, Regular Original  
Lifeway Plain Unsweetened Kefir  
Miyokos Creamers Butter, Cream Cheese  
Noosa Yoghurt: All  
Organic Valley Liquid Eggs  
Ripple Milk  
Ripe Bar Juice: Margarita & Lemon Sour  
Silk Soy Milk: All  
Smart Balance Spread  
Stonyfield Yogurt & Drinkable Yogurt: All  
Toby's Dressing & Dips  
Violife Vegan Cheddar Slices and Shreds  
Yoplait Yogurt: Original & Light

## 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.medlineplus.gov/celiacdisease.html](http://www.medlineplus.gov/celiacdisease.html)

## **IF YOU HAVE SUGGESTIONS OR REQUESTS PLEASE 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.



# 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

GoGo Squeez Applesauces  
Happy Baby Yogis, Puffs  
Hot Kid Baby Mum Mum Rice Rusks

## Baked Goods / Bread

All Free Brownie Bites: All **NEW!**  
Better Bites Do Bites & Cupcakes  
Schar G/F Bagels: All  
Schar Ciabatta Rolls, Deli Style Bread  
Schar Hamburger Rolls, Hotdog Buns

## Baking Mixes / Fillings

Bascom Tapioca  
Birch Benders Keto Pancake & Waffle Mix  
Bob's Red Mill G/F Pizza Crust, Combread, Pancake  
Cherrybrook G/F Pancake & Waffle Mix  
Cherrybrook Kitchen Frosting, Cake & Cookie Mix  
Comstock Fruit Fillings: All  
Gluten Free Pantry Pie Crust Mix  
Jello Brand Pudding and Gelatins: All  
Libby's Pumpkin Pie Filling  
Lily's Chocolate Baking Chips and Bars  
None Such Mince Meat  
Oregon Cherry Fruit Fillings: All  
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  
Bob's Red Mill G/F 1 to 1 Flour  
Mix, Potato Starch, Quinoa Flour  
Bragg Liquid Aminos  
Colavita Instant Polenta  
Cup4Cup Gluten Free Flour  
Durkee Food Coloring  
Equal Exchange Organic Baking Cocoa  
Florida Crystals Natural Milled Cane Sugar  
Ghiradelli Gr.Baking Chocolate & Bars (ex white)  
Hershey's Cocoa  
Plantation Blackstrap Molasses  
Aleia's Gluten Free Panko Breadcrumbs  
India Tree Decorating Candies: All  
Karo Syrups (Dark & Light)  
Let's Do Organic Coconut Flakes  
Madhava Agave Nectar: Amber  
Morton & Bassett Spices: All  
Nutiva Coconut Flour  
Odense Marzipan, Almond Paste  
Olive Oil / Corn Oil / Vegetable Oil  
Pam Cooking Spray (except baking spray)  
Pamela's Gluten Free Baking Mix  
Rumford Baking Powder  
Saco Cultured Buttermilk for Baking  
Salts & Peppers: All  
Simply Organic Spices: All  
Spectrum Coconut, Sunflower, Canola Oils  
Splenda Sweetener  
Vinegars: All except for malt vinegar  
Watkins Food Coloring

## Breakfast Foods

Glutenfrieda G/F Oatmeal  
Bob's Red Mill Gluten Free Hot Cereal, G/F Sc Oats  
Catalina Crunch Cereal: All  
Enjoy Life Breakfast Ovals: All  
Glutino Breakfast Bars  
Natures Path Qi'a Oatmeal, G/F Cereals

Paleonola Granola  
The GFB Power Breakfast Hot Cereal

## Candy, Chocolate & Protein Bars

Fuel For Fire Protein Pouches  
Kind Bars: Read Labels  
Larabar Nutritional Bars: All  
Made Good Granola Bars, Minis: All  
One Protein Bars: All  
Raaka Chocolate Bars: All  
RX Bars: All  
The Ginger People Original Ginger Chews  
Think! Bars: Select Varieties

## Coffee / Hot Chocolate / Tea

Blue Lotus Chai: All **NEW!**  
Coffee: Hogan Bros, Starbucks, NE, Peet's, Kicking  
Horse, Ring, Beanstock (Check Flavored), Cape Cod  
Hot Chocolate: Nestle, Silly Cow  
Pacific Hemp Beverage: Vanilla  
Tea: Salada, Lipton, Tazo, Stash, Twinings,, Celestial, Republic of Tea: All Ex Holiday Varieties

## Condiments / Sauces / Salsas

Avonaise: All  
BBQ Sauces: Bone Suckin, Dinosaur, Stubbs, Rufus  
Teague, Lillie's  
Bremners Salsa: All **NEW!**  
Cain's Hamburger & Hotdog Relish  
Casa Fiesta Guacamole Seasoning, Taco Mix  
Casa Fiesta Mild Enchilada Sauce  
Gold's Wasabi Sauce  
Green Mountain Gringo Salsa: All  
Hokan Wasabi Powder, Chili Sauce, Plum Sauce  
Joyva Sesame Tahini  
Justin's Almond Butter & Peanut Butter  
Ketchup: Woodstock Farms, Heinz (Except Organic)  
Magic Seasoning  
Mayonnaise: Cains, Hellmann's, Spectrum  
Meditalia Olive Tapanade: Black & Green  
Mustard: French's, Guldens, Grey Poupon  
Newman's Salsas: All  
Ojai Lemonaise: All  
Primal Kitchen Salad Dressings & Mayo  
Sambal Oleek Chili Paste  
San J Soy, Teriyaki, Peanut, Shoyu, Tamari Sauces  
San-J Wheat Free Soy Sauce  
Siete Taco Seasonings  
Slotterbeck Sauces: Lemon Pepper, Mango  
Stonewall Kitchen Sauces: All (except Gngr Teriyok)  
Stubb's Marinades  
Taste of Thai Coconut Milk  
Taste of Thai Sweet Red Chili Sauce  
Thai Kitchen Green, Red Curry Paste, Fish Sauce  
True Made Ketchup  
Truff Hot Sauce & Pasta Sauce  
Urban Accents BBQ Rubs & Glazes  
Woodstock Tomato Ketchup

## Cookies/Crackers

Aleia's Cookies and Macaroons  
Bob's Red Mill Oat Crackers: All  
Breton Gluten Free Crackers  
Crunchmaster Crackers: All  
Dr. Lucy's Cookies  
Edwards Brown Rice Crackers G/F  
From The Ground Up Crackers  
Goodie Girl Cookies: All  
Kame Rice Crackers: All  
Klara's Coconut Macaroons

Lucy's Cookies  
Lundberg Rice Cakes  
Mary's Gone Crackers Flax Seed Crackers  
Mary's Gone Kookies Graham Snacks **NEW!**  
Pamela's Chunky Chocolate Chip Cookies  
Poppies Coconut Macaroons  
Quaker Rice Cakes: White Cheddar  
Schar Table Crackers, Cookies, Graham  
Sesmark Crackers  
Siete Cookies: All  
Skinny Pop Rice Cakes  
Tate's Gluten Free Cookies

## Pasta/Pasta Sauces

Ancient Harvest Polenta, Quinoa  
Andean Dream Quinoa Pasta  
Annie Chuns: Rice Noodles, Pad Thai Noodles  
Annie's Homegrown G/F Mac & Cheese  
Bionature G/F Pastas  
Field Day Brown Rice Pasta: All  
Garafalo Gluten Free Pastas  
Pasta Sauces: Muir Glen, Classico, Boves, Stonewall  
Kitchen, Rao's, Ooma  
Tinkiyada Penne, Spaghetti, Lasagna Noodles

## Rice / Beans / Grains / Vegetables

Ancient Harvest Quinoa  
Annie Chun's Sticky Rice  
Annie's Rice Pasta & Cheddar  
Bob's Red Mill G/F Flax Seeds, G/F Flax Meal  
Casa Fiesta Mexican Style Rice  
Cucina & Amore Quinoa Meals  
Edward Powdered Mashed Potatoes  
Jivial Beans: All  
Lundberg Risotto & Rice  
Minute Rice: White, Brown Rice  
Rice Select: All Varieties Except Royal Blend  
Right Rice  
Bens: White, Brown, Wild Rice

## Salad Dressings

Annie's Salad Dressings: See Labels  
Brianna's Dressing: Ginger, American, Poppy,  
French, Dijon Honey, Blush Wine, Santa Fe, Lemon  
Tarragon, Champagne, Ranch  
Hidden Valley Ranch, Coleslaw Dressing  
Kraft Salad Dressing: All  
Newman's Salad Dressings: All  
Ring Bros. Dressings: All except Caesar & Ranch  
Riverway Cape Cod Dressing  
Stonewall Kitchen Salad Dressing: All  
Wishbone Salad Dressing: All

## Snacks / Chips

Angie's Boom Chicka Pop Popcorn  
Arcade Snacks Vegetable Chips  
Barbara's Cheese Puffs: All  
Bear Fruit & Veg Rolls: All **NEW!**  
Calbee Snapea Crisps  
Cape Cod Potato Chips: Read labels  
Cello Cheese Whisps: All  
Country Archer Turkey Jerky  
Deep River Snacks Chips: All  
Epic Pork Rinds: Select Varieties  
Garden Of Eatin Blue Tortilla Chips: Blue Corn  
Green Mountain Gringo Tortilla Strips: All  
Harvest Snaps Green Pea Crisps  
Kind G/F Dark Choc Chunk Granola Bars  
Late July Thin Tortilla Chips  
Lesser Evil Popcorn **NEW!**

Love Corn Roasted Corn: All  
Lundberg Rice Chips  
Mi Nina Tortilla Chips  
Moon Cheese Bites: All  
Natures Path Granola Bars  
Newman's Popcorn: Butter, Lt Butter, Natural  
Pipcorn Cheese Balls & Corn Dippers: All  
Pirate's Smart Puffs, Cheddar Booty  
Rhythm Kale & Beet Chips, Cauliflower Bites  
Sahale Snacks: Nut Blends  
Seapoint Edamame Snacks  
Siete Kettle Cooked Chips: All  
Simply 7 Chips and Quinoa Chips  
Skinny Pop Popcorn, Microwave Popcorn  
Terra Vegetable Chips, Sweet Potato Chips  
The Daily Crave Veggie Chips

## 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  
Better Than Boullion Bases: Chicken, Vegetable  
Frontier Dry Soup Mixes  
Kitchen Basics Broth: All  
Pacific Broth: All  
Pacific Soups: Creamy Tomato, French Onion  
Sierra Dry Soups: All  
Zoup Bone Broth: All  
Zuppa Rustico Soups: All **NEW!**

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