



## LIVING GLUTEN-FREE

At Henry's, we believe that gluten-free living shouldn't limit your enjoyment of good food. That's why we feature a large and ever-expanding selection of great-tasting, healthy gluten-free options and a Gluten-Free Product Shopping Guide you can find online at [www.henrysmarkets.com](http://www.henrysmarkets.com). So whatever your reasons for limiting gluten, trust Henry's to help you navigate a healthy and delicious gluten-free lifestyle.

We make every effort to accurately identify our gluten-free offerings, but if you're still unsure, please read the ingredients carefully and call the manufacturer for clarification. We further advise that persons with Celiac disease or gluten sensitivities avoid purchasing bulk foods, due to the possibility of cross-contamination. Most of these items are readily available in packaged form.

\*For the purposes of this guide, 'gluten-free' implies no wheat, barley, rye or their derivatives.

### WHO SHOULD CONSIDER A GLUTEN-FREE DIET?

Many people may benefit from a gluten-free diet, including people concerned about:

- **Celiac disease**  
scientists now say it's the most common genetic condition of humankind
- **Wheat allergies**  
wheat is one of the eight most common allergens
- **Gluten intolerance**
- **Gluten sensitivities**
- **Multiple sclerosis, lupus and other autoimmune diseases**
- **Low carbohydrate dieting**
- **Paleolithic dieting**
- **Autism**  
gluten-free/casein-free dietary protocol
- **ADD/ADHD**  
gluten-free/casein-free dietary protocol

### SYMPTOMS ASSOCIATED WITH GLUTEN INTOLERANCE:

- **Gastrointestinal distress**  
stomach pain, gas, bloating, chronic diarrhea, constipation
- **Fatigue**
- **Joint pain**
- **Headaches**  
including migraines
- **Vitamin deficiencies**
- **Weight loss**
- **Depression, schizophrenia**
- **Anemia**
- **Dermatitis herpetiformis**
- **Lactose intolerance**
- **Stunted growth in children**

### GLUTEN-FREE TAGS

To help easily identify our gluten-free offerings, we've created a special gluten-free label located on products throughout the store. Think of it as a road sign to help navigate your gluten-free lifestyle and learn what's safe to put into your shopping cart, and ultimately, in your mouth. If you feel uncertain about whether a product contains gluten, please consult the packaging or call the manufacturer with questions.



## GLUTEN-FREE

A GUIDE TO LIVING WELL  
WITHOUT GLUTEN

VISIT OUR WEBSITE AT [WWW.HENRYSMARKETS.COM](http://WWW.HENRYSMARKETS.COM) FOR A LIST OF GLUTEN-FREE PRODUCTS CARRIED IN OUR STORES.

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For a delicious pasta alternative, make a spicy Pad Thai stir-fry with thin rice noodles instead of semolina pasta. Find this recipe and many more at [www.henrysmarkets.com](http://www.henrysmarkets.com).

# WHEN TO QUESTION GLUTEN

Wholesome food nourishes the body, delights the senses and satisfies the appetite. But if you have a wheat allergy or intolerance to gluten, even seemingly healthy food can be very unhealthy.

Many people are unaware they are allergic to wheat although one out of 133 people have celiac disease, a genetic intolerance to gluten. Millions more have a gluten sensitivity or intolerance that is not celiac disease, but an intolerance nonetheless, causing similar but less severe symptoms. And, let's not forget the multitudes of people who just want to eliminate gluten from their diets. Whatever your reason for limiting gluten, Henry's is here to help you navigate your gluten-free\* lifestyle.



## WHAT IS THE GLUTEN-SENSITIVITY SPECTRUM?

The gluten-sensitivity spectrum sheds light on the differences between a wheat allergy, gluten intolerance and celiac disease. The medical conditions within the gluten-sensitivity spectrum have one thing in common: physical distress from ingesting gluten. This can include gastrointestinal problems, or it can present itself with sneakier symptoms like fatigue, joint pain, headaches and a number of other symptoms.

There are three distinct areas of the gluten-sensitivity spectrum: celiac disease, allergy, and intolerance or sensitivity.

- **Celiac disease** is a genetic intolerance to gluten. It is an autoimmune disease that causes the body to attack itself when gluten is consumed, resulting in damage to the small intestine that can cause malabsorption of nutrients, which can lead to malnutrition. Celiac disease is the most common genetic disease of humankind, affecting nearly 1 percent of the population – many of whom have few, if any, overt symptoms.
- **Allergies** are an inflammatory response (sneezing, itching, redness, etc.) and are easy to diagnose. Regular allergy tests can reveal whether or not you have a particular food allergy, such as to wheat. In this case, avoiding wheat may be enough; barley, rye and oats may be fine to continue in your diet.
- An **intolerance or sensitivity** can result in digestive distress, fatigue and malabsorption. Antibody screenings using a blood test can indicate the presence of anti-gluten (gliadin) antibodies in people who are gluten intolerant. If confirmed, the simple act of eliminating gluten from your diet will greatly improve health and well-being.

Because of the vast range of symptoms, it's no wonder that celiac disease often goes undiagnosed or in some cases misdiagnosed. In fact, it's estimated that as many as 10 to 15 percent of patients with mysterious symptoms, such as fibromyalgia and chronic fatigue syndrome, actually have celiac disease.



## GLUTEN-FREE FOODS INCLUDE, BUT AREN'T LIMITED TO:

- **Amaranth**
- **Annatto**
- **Applesauce**
- **Arrowroot flour**
- **Baking soda**
- **Beans**
- **Buckwheat**
- **Butter**
- **Canola oil**
- **Carob flour**
- **Cellulose gum**
- **Cheese** (except Roquefort and blue cheese)
- **Chickpeas**
- **Corn**
- **Cream of tartar**
- **Eggs**
- **Flax**
- **Fruit and dried fruit**
- **Gelatin**
- **Guar gum**
- **Herbs**
- **Honey**
- **Jam and jelly**
- **Juice**
- **Kasha** (roasted buckwheat)
- **Legumes**
- **Locust bean gum**
- **Maltitol**
- **Maltodextrin**
- **Maple syrup**
- **Masa** (corn flour)
- **Meats** (plain)
- **Milk**
- **Millet**
- **Nuts, nut flour**
- **Oats** (may be contaminated in processing)
- **Oils**
- **Polenta**
- **Potatoes**
- **Quinoa**
- **Rice**
- **Rice syrup**
- **Sago** (starch from a tropical palm)
- **Seeds** (except wheat, rye and barley)
- **Sesame**
- **Soda**
- **Sorghum**
- **Soy**
- **Spices** (may be contaminated in processing)
- **Sugar**
- **Tapioca, tapioca starch**
- **Teas**
- **Teff**
- **Tofu**
- **Vegetables**
- **Vinegar** (except malt)
- **Wine**
- **Xanthan gum**
- **Yogurt**

The foods listed on this page are generally allowed in a gluten-free diet because they are naturally gluten-free. Some foods may have gluten added in processing, so check the label to be sure.

## FOODS THAT CONTAIN GLUTEN INCLUDE, BUT AREN'T LIMITED TO:

- **Barley**
- **Beer**
- **Bran**
- **Couscous**
- **Flour**
- **Kamut**
- **Malt** (unless derived from corn)
- **Malt vinegar**
- **Matzo**
- **Pasta**
- **Rye**
- **Seitan**
- **Semolina**
- **Soy sauce** (unless wheat-free, such as tamari)
- **Spelt**
- **Sprouted grains**
- **Teriyaki sauce** (unless wheat-free)
- **Tabouleh**
- **Triticale**
- **Udon**
- **Wheat**

## UNUSUAL SUSPECTS THAT MAY CONTAIN WHEAT OR GLUTEN:

- **Binders**
- **Bouillon cubes**
- **Extenders**
- **Ice creams**
- **Licorice**
- **Modified starches**
- **Pudding**
- **Some herbal teas**

**PLEASE BE ADVISED:** Products are subject to ingredient changes at any time and such ingredient changes may not be reflected on product labels. Always verify the gluten-free status of any food through the manufacturer. Henry's Farmer Market is not responsible for inaccuracies in manufacturers' labeling. Henry's Farmer Market makes no warranties, express or implied, as to the accuracy of the information in this list.

Bulk items may be contaminated with gluten in handling, even when the manufacturer states that the products meet gluten-free standards. People with celiac disease or gluten sensitivities should purchase these products in packaged form.



Living gluten-free doesn't have to limit your enjoyment of good food. Many mouthwatering treats are naturally gluten-free like ripe raspberries, English farmhouse cheddar, rice crackers and crispy crudites.

Look for delicious gluten-free alternatives in every department. Henry's is excited to offer an ever growing list of great-tasting, healthy choices that fit your dietary needs.