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*Bashas'*  
gluten-  
free

eat  
smart

protein found naturally in wheat

## Following a 100% gluten-free diet

is the prescription for Celiac disease. Celiac disease is an autoimmune disorder that is triggered by eating foods that contain gluten. For someone with this disease, eating gluten causes damage to the lining of the small intestine and can lead to malnutrition.

Gluten is a protein found naturally in wheat, rye and barley. Many baked goods, seasoning mixes, processed foods and alcoholic beverages made with these grains contain gluten.

### *Naturally Gluten-free Foods*

- Fresh Fruits and Vegetables
- Fresh Meat, Fish and Poultry
- Milk, Cheese and Eggs
- Beans, Peas and Lentils
- Nuts and Seeds
- Soy Products

### *Alternative Starch Options*

- Rice
- Potato
- Corn
- Tapioca
- Quinoa,
- Arrowroot

**See reverse for more information**

*Bashas'*

Bashas' helps you eat smart for better health!

## Common Food Sources Containing Gluten

- Grain products
- Baked goods
- Cereals
- Flour tortillas
- Pasta, semolina, farina, durum
- Soba, udon
- Couscous, tabbouleh
- Bouillon
- Gravies, seasoning blends
- Lunch meats
- Processed foods

Look for these ingredients on the food label that may contain wheat:

Stabilizer, Emulsifier, Hydrolyzed, Starch, Flavoring, Caramel coloring, Spices, Plant Proteins, Barley Malt, Maltodextrin, Triticum, Dextrins.

Items labeled as “wheat-free” may contain gluten. When in doubt, always contact the manufacturer with your questions and concerns

### Resources

Celiac Awareness Campaign  
[www.celiac.nih.gov](http://www.celiac.nih.gov)

Celiac Disease Foundation  
[www.celiac.org](http://www.celiac.org)

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

Gluten-Free Diet by Shelly Case, RD  
[www.glutenfreediet.ca](http://www.glutenfreediet.ca)

### Questions?

Contact Bashas' Registered Dietitian at  
[eatsmart@bashas.com](mailto:eatsmart@bashas.com)

*The Food and Nutrition advice provided is not meant to take the place of your primary care physician. We recommend that you ask your health care provider or registered dietician for further information specific to your needs.*