

Gluten Free Diet

More and more Americans find themselves with wheat and gluten allergies and sensitivities. Some people are affected by celiac disease, a genetic, immune condition in which gluten cannot be tolerated in any form, even in the most minuscule amounts.

Grains Containing Gluten:

Barley, Durum, Einkorn, Faro, Graham, Kamut, Rye, Semolina, Spelt, Triticale, Wheat.

Hiding Places For Gluten:

- brown rice syrup
- candy
- energy bars
- flours, breadings, cereals, pastas
- imitation and processed meats
- marinades, sauces, dressings, gravies
- pharmaceuticals and supplements
- packaged or processed foods
- seasonings
- soups, broth
- soy sauce
- thickeners
- un-distilled or malt alcohols and vinegars (wine and hard liquor are gluten-free)

Grains Without Gluten:

Amaranth, Arrowroot, Beans, Buckwheat, Corn, Flax, Garfava, Millet, Montina, Nut Flours, Potato, Quinoa, Rice, Sorghum, Soy, Tapioca, Teff.

Resources

Support & Information

- www.Celiac.org
- www.CSACeliacs.org
- www.Gluten.net
- www.CeliacKids.com
- www.Celiac.com
- www.GFCFDiet.com
- www.AmericanCeliac.org
- www.CeliacCentral.com
- www.CeliacCenter.org

Tips & Recipes

- www.LivingWithout.com
- www.GlutenFreeGirl.com
- www.GlutenFreeGoddess.blogspot.com
- www.DeliciousLiving.com
- www.Gluten.net/recipes
- www.GlutenFreeMommy.com
- www.Glutenfreeda.com
- www.GlutenFreeRecipes.net
- www.101CookBooks.com

Directories

- www.GlutenFreeRegistry.com
- www.UrbanSpoon.com
- www.FindMeGlutenFree.com

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Store Hours:

Mon. – Sat. 9a.m. – 7 p.m.

Sun. 12 p.m. – 6 p.m.

BE NATURAL
M A R K E T



Gluten Free Shopping Guide

Being gluten-free shouldn't be a challenge. At Be Natural Market we're here to help you find what you need to be happy and healthy.

Always feel free to ask our store associates for help finding Gluten Free products or to clarify any questions you may have.

Thank you for shopping at
Be Natural Market!

Gluten Free Directory

*Some product lines have a few items that are gluten-free. Ingredients may change at any time. Please read labels carefully every time you shop.

It is up to you and your doctor to determine your sensitivity to gluten. Items listed here were included because their packaging states that they are gluten-free.

We encourage you to examine the list of ingredients closely on any product that you buy. Those with severe allergies may also want to contact the company to ensure the facility is dedicated gluten-free.

Baking

- Andie's Vegan Marshmallows
- Arrowhead Mills All Purpose Flour, Brown Rice Flour, Buckwheat Flour, Cornbread Mix, Oat Flour
- Barlean's Coconut Oil
- Bob's Red Mill All Purpose Flour, Almond Meal/Flour, Amaranth Flour, Arrowroot Flour, Biscuit Mix, Coconut Flour, Cornmeal, Garbanzo Bean Flour, Garbanzo & Fava Flour, Millet Flour, Potato Flour, Potato Starch, Quinoa Flour, Sorghum Flour, Sweet Rice Flour
- Bragg Sprinkle, Nutritional Yeast Seasoning
- Chêbê Bread Mix
- Coconut Secret Coconut Nectar
- Dagoba Baking Chocolate
- Ener-G Tapioca Flour, Egg Replacer
- Enjoy Life Chocolate Chips
- Flavororganics Flavoring Extracts
- Glutino Bread Crumbs, Pie Crust Mix
- Herbamare, Trocomare Seasoning
- HimalaSalt
- King Arthur Pancake Mix
- Kinnikinnick Graham Crumbs
- Lundberg Sweet Dreams Brown Rice Syrup
- Madhava Agave

- Monk Fruit in the Raw
- Namaste Cake, Coating, Cookie, Brownie, Bread, Muffin, Biscuit, Pie Crust Mixes and Flour
- Native Forest Canned Pineapple
- Now Almond Flour, Agar Powder, Xanthan Gum
- Nutiva Coconut Flour
- Pamela's Brownie Mix, Cornbread Mix, All Purpose Flour, Chocolate Cake, Pumpkin Mix
- poSaNa Cornbread, Muffin, Cookie, Cake
- Prana Cookie Mix
- Pyure Stevia
- Redmond Real Salt
- Rumford Baking Powder
- Simply Delish Jel Dessert
- Singing Dog Vanilla
- Ardenne Farm
- Stevita Stevia
- Sweet Leaf Stevia
- Wholesome Coconut Palm Sugar, Zero Calorie Sweetener, Agave, Raw Cane Sugar

Bars

- 22 Days
- Bakery on Main Granola Bars
- Bolt (Pro Bar)
- Core Protein Bars
- Enjoy Life Granola Bars
- Envirokids Rice Bars
- Fuel (Pro Bar)
- Garden Of Life Fuco Protein
- Go Raw
- In Bar
- Just Great Stuff
- Kind Bars*
- Kit's Organic
- Lärabar
- Luna Protein*
- Mojo (Clif)
- NuGo Protein Bars
- Pamela's Whatever Bars
- PGX Satisfast
- Pure Organic

- Raw Crunch
- Rise Protein Bars*
- Think Thin
- That's It Fruit Bars
- Two Moms in the Raw
- Udi's Granola Bars
- Vega Vibrancy
- Zing

Beverages

- Alō
- Blue Diamond Almond Breeze Milk
- Blue Mountain Karma
- Biotta Naturals Juices
- Buchi Kombucha (not certified)
- Cadia Flavored Water
- Cadia Almond Milk
- C2O Coconut Water
- Meyenberg Powdered Goat Milk
- G.T.'s Kombucha
- Honest Tea
- KeVita Cultured Coconut Water
- Complete Meal Replacement Shakes
- Lakewood Juices
- Orgain Nutritional Shakes
- Reed's Ginger Ale, Nausea Relief
- R.W. Knudsen Spritzer
- San Pellegrino
- So Delicious Coconut Milk, Creamer
- Svelt Protein Shakes
- Tempt Hemp Milk
- Virgil's Sodas
- Westsoy Soy Milk
- Zevia Soda

Bread

- Canyon Bakehouse Bread, Focaccia
- Food For Life Bread, Brown Rice Tortillas
- Glutino Bread
- Rudi's Bread, Hot Dog Buns, Hamburger Buns
- Three Bakers Bread
- Udi's Rolls, Bread, Bagels, Hamburger Buns

Breakfast Food

- Ancient Harvest Quinoa Flakes
- Arrowhead Mills Steel Cut Oats
- Barbara's Puffins Cereal, Honey Rice
- Bob's Red Mill Corn Grits, Muesli, Oat Bran, Pancakes, Quick Oats, Rolled Oats, Steel Cut Oats, Teff
- Cocomama Quinoa Cereal
- Erewhon Cereal*
- Glutenfreeda Oatmeal
- Go Raw Granola
- Kalo Pancake Mix
- Kind Granola
- Namaste Waffle and Pancake Mix, Muffin & Scone, Brownie Mix
- Nature's Path Cereal*, Oatmeal
- Pacono Cream of Buckwheat
- Pamela's Pancake Mix
- poSaNa Pancake Mix
- Raw One Granola
- Two Moms Truffles
- Udi's Granola & Bars
- Love Grown Granola, Cereal
- Bear Naked Granola

Candy

- Gin-Gin's Ginger Candy, Chews
- Glee Gum (not certified)
- Go Naturally Hard Candies
- Lovely Chews
- pür Gum
- Spry Gum and Mints
- St. Claire's Pastilles
- VerMints
- YumEarth Organics Drops, Lollipops, Gummy

Worms

Chips

- Beanitos Chips
- Flamous Falafel Chips
- Food Should Taste Good Chips
- Green Mountain Gringo Tortilla Chips

- Late July Organic Tortilla Chips
- Lundberg Rice Chips
- Mediterranean Snacks Baked Lentil Chips
- R. W. Garcia Tortilla Chips
- Terra Sweet Potato Chips

Chocolate

- Alter Eco
- Artisana
- Coco Polo
- Endangered Species
- Honey Mints
- Justin's Peanut Butter Cups
- Lakanto
- Lily's
- Lulu's
- NibMor
- Sinless
- Sun Cups
- Two Moms in the Raw

Condiments

- Annie's Balsamic Vinaigrette
- Bragg Apple Cider Vinegar, Dressings, Liquid Aminos
- Coconut Secret Coconut Aminos
- Farmhouse Culture Krauts
- Fire from the Mountain Salsa
- Frontera's Salsa
- Green Mountain Gringo Salsa
- Hilary's Dressings
- Kalo Croutons
- Santa Barbara Olives
- Simply Organic Dressing Mixes*
- Sir Kensington's Gourmet Mayonnaise, Sauce
- Sky Valley Sriracha
- Woodstock Ketchup

• Spectrum Mayonnaise

- Veganaise

Cookies and Deserts

- Daiya
- Hail Merry
- Figgies & Jammies
- Jennie's Coconut Macaroons
- Mi-Del* Cookies
- Pamela's Simplebites, Cookies
- So Delicious Coconut Milk Ice Cream, Popsicles

Crackers

- Back to Nature Rice Thin Crackers, Black Bean Crackers, Adzuki Bean Crackers
- Blue Diamond Nut Thins, Artisan Crackers
- Crunchmaster Multi-Seed Crackers, Multi-Grain Crackers, 7 Ancient Grains, Cheezy Crisps
- Foods Alive Flax Crackers
- Glutino Crackers
- Harvest Stone
- Kinnikinnick S'moreables Graham Style Crackers
- Lundberg Rice Cakes
- Mary's Gone Crackers
- Mediterranean Snacks Lentil Crackers
- San-J Rice Crackers
- Sesmark Rice Thins
- Simple Mills Crackers
- Suzie's Thin Cakes
- Van's Whole Grain Crackers

- Dairy
- Andrew & Everett Butter, Cheese
 - Augusta's Pimento Cheese
 - Daiya Dairy-Free Cheese (Some)
 - Earth Balance Coconut Spread, Buttery Spreads
 - Go Veggie Cheese, Cream Cheese, Parmesan Style Shake
 - Lifeway Kefir
 - Lisanatti Almond Cheese
 - Redwood Hill Farm Goat Yogurt
 - Wallaby Greek Yogurt, Sour Cream
 - Stoneyfield Yogurt
 - Seven Stars Yogurt
 - Joya Kaas

Meals, Soups, Misc.

- Ancient Harvest Quinoa
- Annie Chung's Rice Noodles
- Cold Mountain Red Miso
- Edward & Sons Mashed Potatoes
- Frontier Soup Mixes*
- Imagine Broth
- Jeff's Naturals Peppers, Onions, Olives
- Jyoti Indian Meals
- Lundberg Rices
- Morinagu Silken Tofu
- Native Forest Coconut Milk
- Patak's Curry, Marinade
- San-J Tamari*, Thai Peanut Sauce
- Snapdragon Stir-fry Kits*
- St. Dalfour French Bistro Gourmet on the Go*
- Tasty Bite Meals
- Thai Kitchen Soups, Fish Sauce, Curry Paste, Coconut Milk
- TruRoots Quinoa, Lentils
- Wolfgang Puck Soups*
- Wildbrine Kraut
- Bubbie's Kraut
- Blakes Gluten Free Pot Pie
- Miso Master
- Garden of Eatin'

- Meats
- Apple Gate Deli Meat, Hot Dogs, Bacon
 - Beyond Meat Chicken-Free Strips
 - Cheshire Pork Bacon
 - Hilary's Veggie Burgers
 - Lou's Garrett Valley Bacon
 - LightLife Tempeh
 - Sunshine Vegan Burgers

Nut Butters

- Artisana Butters
- Earth Balance Coconut and Peanut Butter Spread
- Joyva Sesami Tahini
- Justin's Nut Butters
- MaraNatha Almond Butter
- Once Again Nut and Seed Butters
- PB2 Powdered Peanut Butter
- Sun Butter
- Wild Friends Almond Butter

Pasta and Pizza

- Ancient Quinoa Harvest Pasta
- Annie's Pasta & Cheese*
- Bob's Red Mill Pizza Crust Mix
- Explore Asia Pasta
- Gallo Lea Pizza Kits
- Mirade Rice, Noodles
- Organic Ville Pasta Sauce, Pizza Sauce
- Simply Organic Pesto Mix
- Udi's Frozen Pizza

Snacks

- Angies Popcorn
- Cruncha Ma-me Soybean Snacks
- Crunchmasters
- Dang Coconut Chips
- Enjoy Life Not Nuts Seed & Fruit
- Epic Jerky Bars
- G.H. Cretor's Popped Corn
- gimMe Seaweed
- Go Raw Super Cookies, Chips, Snacks, Seed Mixes

- Glutino Pretzels
- Inka Plantain Chips and Corn
- Lundberg Rice Cakes
- Nature's Bakery
- Now Clusters
- Real Foods Corn Thins
- Sahale Snacks*
- Sea Snax Seaweed*
- Sea Point Farms
- Suzie's Thin Cakes
- Sunsweet Naturals Prunes
- Stonewall's Jerquee
- Tanka Buffalo Jerky

Superfood

- Barlean's
- Bob's Red Mill Flaxseed Meal
- Navitas Superfoods and Snacks
- Garden of Life Flaxseed, Chia
- Salba Chia Seeds
- Spectrum

Also consider produce, eggs and additional meat and dairy.

Our product selection is constantly changing. Some of these items may be no longer available, and there may be some new items that are not listed. If you come across any discrepancies, please let us know.