

By MICHELLE WARNER

When diagnosed with Celiac Disease in May 2005, I was completely unprepared (as I am sure are most newly diagnosed Celiac patients) for the increased expense and calorie content of most “gluten-free” foods. As a result, I began to search for mainstream brands, found at regular grocery stores, that happened to make gluten-free food.

In calling companies, I found several that not only told me the product about which I was calling was gluten-free but *also* that **the company had no hidden sources of gluten** in their product labeling. Being informed of such news has been a God-send, as learning the companies that have no hidden sources of gluten has removed the unknown factor for many mainstream products and has allowed me to do much more of my shopping in regular grocery stores.

While many veteran Celiacs are probably already aware of the companies that indicate all sources of gluten on their labels, I wanted to go ahead and share the information I have gathered for the benefit of newly diagnosed Celiacs. Please note: because manufacturer information is subject to change, I recommend verifying the information given in this article. Please also note that for the purposes of this article, I am only focusing on whether or not the ingredients themselves are gluten-free, ***not whether or not a dedicated line is used for the production of an item.***

When I called the following companies between June 2005 and August 2005, I was told these companies list any gluten-containing ingredients in the ingredient statement on the package label. So, for example, if the label says “natural flavors,” if any of these natural flavors contain gluten, that gluten source will be

listed in parenthesis, i.e.: “natural flavors (barley).”

Unilever (1-800-735-3554). Maker of the following brands:

Bertolli, Brummel and Brown Spread Made with Yogurt, Shedd’s Spread Country Cook, Hellmann’s, I Can’t Believe It’s Not Butter!, Lawry’s, Lipton, Knorr; Promise, Ragu, Skippy, Take Control, Wish Bone, Imperial, Best Foods

**Gluten-free
made
easier
(and cheaper!)**

Member and newly diagnosed Celiac, Michelle Warner, took control of her life, diet and health immediately upon being diagnosed. Here is a list of ‘supermarket’ foods that are adequately labeled and contain no hidden sources of gluten.

Michelle, a ballet dancer, feels well enough now that she will be performing in the *Southwest Nutcracker* this Dec.. Say ‘hello’ to her at the Sept. Potluck.

Kraft (1-800-222-2323). Maker of the following Brands:

Oscar Mayer, Nabisco

Jif Peanut Butter (1-800-283-8915)

Nestle (1-800-358-1971). Maker of the following brands:

TOLL HOUSE, CARNATION,

LIBBY’S, ALBER’S

Con Agra (1-800-988-7808).

Maker of the following brands:

ACT II, Andy Capp’s, Angela Mia, Armour, Award, Banquet, Banquet Homestyle Bakes, Big Mama Sau-

sage, Blue Bonnet, Brown N’ Serve, Butterball, Chef Boyardee, Cook’s, Country Line, Crunch n’ Munch, Cuturelle, DAVID, Dennison’s, Eckrichs, Egg Beaters, Fernando’s, Firecracker, Fleischmann’s, Gebhardt, Gilardi Foods, Gilroy, Golden Cuisine, Gulden’s, Healthy Choice, Hebrew National, Hunt’s, Hunt’s Snack Pack, JHS – J. Hungerford Smith, Jiffy Pop, Kid Cuisine, Knotts Berry Farm, La Choy, Lamb Weston, Lamb Weston Inland Valley, Libby’s, Lightlife, Longmont, Louis Kemp, Luck’s, Lunch Makers, MaMa Rosa’s, Manwich, Margherita, Marie Callender’s, Meridian, Move Over Butter, Orville Redenbacher’s, PAM, Parkay, Patio, Pemmican, Pemrose, Peter Pan, Ranch Style, ReadyCrisp, Reddie-wip, Ro*Tel, Rosarita, Singleton, Swiss Miss, Squeeze ‘N Go, The Max, Van Camp’s, Wesson, Wolf, Wolfgang Puck’s

Some additional tips:

All **Pace Picante Sauces (1-800-433-PACE)** are gluten-free.

Arizona Brand Table Corn Tortillas (602-273-7139) are gluten-free. (I believe that Arizona Brand makes the best corn tortilla I have ever had. They are sweet and soft, and they work well as a bread substitute for sandwiches.)

Pinnacle Foods Corp (1-877-852-7424). The following are gluten-free:

Vlasic Pickles, Sauerkraut, Peppers and Log Cabin Country Kitchen syrup and Duncan Hines regular-sized frostings.

The following **Francesco Rinaldi** (www.francescorinaldi.com) pasta sauces are gluten-free:

Francesco Rinaldi Meat Sauce, Francesco Rinaldi Mushroom Sauce, Francesco Rinaldi Traditional Sauce, Francesco Marinara Sauce, Francesco Tomato & Basil Sauce,