



# gluten free living



## Meet our Hannaford Dietitians!

Hannaford offers FREE nutrition education online and in many stores. You can stop by and see them during their scheduled hours or even coordinate a time that works for you and your dietitian to chat about your nutrition questions.

Dietitian services include:

- Nutrition education for your school, work or community group
- Healthy eating tips, recipes and ideas for healthier family meals
- Advice for making the most of your pantry staples and shopping on a budget
- Help understanding food labels and portion sizes
- Help with special dietary needs



## Find us online

We offer FREE online nutrition education. Visit [hannafordnutrition.eventbrite.com](https://hannafordnutrition.eventbrite.com) to see the variety of topics and to sign up for an upcoming class.

If you're not interested in a class, but have a nutrition question, you can email a private message to our staff registered dietitian at [dietitian@hannaford.com](mailto:dietitian@hannaford.com).

## Find us in-store

Visit [hannaford.com/dietitians](https://hannaford.com/dietitians) to find a dietitian near you and see their monthly schedule of events.

## Hannaford Pharmacy

Hannaford Pharmacy is here to meet all your prescription needs with a full range of services to help you save time and stay safe and healthy.

### Healthcare Professionals

Available to answer questions with expertise and care.

### Immunizations

Flu, shingles, pneumonia and more with no appointment needed. Immunization availability and age requirements vary by state. COVID-19 vaccinations by appointment; walk-in availability subject to change.

### Hassle-Free Transfers

Just drop off your current pill bottle, and we'll do the rest.

### Refills Made Simple

Coordinate your prescriptions and enjoy the convenience of a single trip to the pharmacy. No more worries about forgetting to call for your refills or running out of your medications.

### Hannaford Rx App

Take control of your health with hassle-free prescription management. Download from your favorite app marketplace.

### Same-Day Delivery, Curbside Pickup and Mailing\*

Three easy contact-free ways to receive your prescriptions.

\*Select product and insurance plan restrictions may apply.

**FREE** reward chart to encourage children to take medication as prescribed. Prizes for completed charts.

### Third-Party Insurance Plans

Most prescription insurance plans are accepted.



## Talk to your pharmacist

Some medications use gluten to bind pills together. It is important to remember that generic and brand name products containing the same active drug may contain different inactive ingredients.

The following inactive ingredients may be sourced from wheat, barley or rye.

- Wheat
- Modified starch (if source is not specified)
- Pregelatinized starch (if source is not specified)
- Pregelatinized modified starch (if source is not specified)
- Dextrates (if source is not specified)
- Dextrin (if source is not specified; the source is usually corn or potato, which are acceptable)
- Dextrimaltose (when barley malt is used)
- Caramel coloring (when barley malt is used)

If you are allergic or sensitive to gluten, it's important that you speak with your Hannaford Pharmacist before taking your medication. They can help determine if your medication supports your gluten free lifestyle.

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# What is Celiac Disease?

Celiac disease is a sensitivity to gluten, a protein found in grains: wheat, rye and barley. The disease can trigger an autoimmune response in which the small intestine villi (small finger-like structures that absorb nutrients) are damaged, preventing nutrients from being absorbed. Starting a gluten free diet can interfere with making an accurate diagnosis, so it is best to check with your doctor before omitting gluten.

## Long Term Health Effects

Over time additional health problems and autoimmune disorders such as type 1 diabetes, multiple sclerosis, anemia, osteoporosis, epilepsy and migraines, among others, can occur.

## Treatment

The only known treatment for celiac disease is the strict adherence to a gluten free diet. Even ingesting small amounts of gluten, such as crumbs from a toaster or cutting board, can cause small intestine damage.

## Types of Celiac Disease

**Classical:** Signs and symptoms of malabsorption occur (diarrhea, steatorrhea, weight loss). Symptoms often include abdominal distention and pain. People may experience late or absent menstrual cycles, early menopause, unexplained infertility, dental enamel effects, depression, anxiety, an itchy skin rash, reduced bone mass, bone fractures, vitamin deficiency, chronic migraines or chronic fatigue.

**Non-classical:** Same as classical but lacking in symptoms of malabsorption (diarrhea, steatorrhea, weight loss).

**Silent:** None of the above symptoms occur; however, damage to the small intestine is still occurring. This type of celiac disease is sometimes only identified after a vitamin or mineral deficiency is detected.



# Living Gluten Free Nutritiously

Living gluten free can be done nutritiously when incorporating these naturally gluten free items.

## All Fresh Fruit & Vegetables



## Most Dairy Products (check labels for any fillers)



## Meat, Poultry & Fish



## All Beans & Lentils



## All Seeds & Nuts



## Starches - such as corn, rice, potato, parsnip, turnip, yucca and other tubers



Living gluten free shouldn't mean compromising on nutrition. Look for the Guiding Stars® logo to identify healthy choices throughout the store.

One, two or three Guiding Stars mean that item has:

Nutritional Value

<p style="text-align: center; font-weight: bold; margin: 0;">MORE</p> <p style="margin: 0;">Vitamins Minerals Fiber Whole Grains Omega-3s</p>	<p style="text-align: center; font-weight: bold; margin: 0;">LESS</p> <p style="margin: 0;">Saturated Fat Trans Fat Added Sodium Added Sugars Artificial Colors</p>
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guiding stars®

Be inspired to make simple, healthy choices.

For more information on Guiding Stars visit [hannaford.com/guidingstars](http://hannaford.com/guidingstars).

## Did you know?

The Food Allergen Labeling and Consumer Protection Act requires foods containing wheat, milk, eggs, tree nuts, peanuts, shellfish and soy to declare the allergen in plain English on the ingredient list or in a “contains” statement. The law DOES NOT require declaration about allergen cross-contamination risks.

### Hidden Gluten

Any of the following may indicate the presence of gluten:

**Hydrolyzed Vegetable Protein (HVP)** or **Hydrolyzed Plant Protein (HPP)** unless made from soy or corn.

**Flour or Cereal Products** unless made with pure rice flour, corn flour, potato flour or soy flour. Other flours, such as ones made from amaranth, buckwheat, millet, quinoa, sorghum, teff or almond, may also be suitable options for those following a gluten free lifestyle.

**Vegetable Protein** unless made from soy or corn.

**Malt or Malt Flavoring** unless derived from corn, rice or sorghum malt.

**Modified Starch or Modified Food Starch** unless arrowroot, corn, potato or tapioca is used.

**Vegetable Gum** unless vegetable gums are carob bean gum, locust bean gum, cellulose gum, guar gum, gum arabic, gum acacia, gum tragacanth, xanthan gum or vegetable starch.

**Soy Sauce or Soy Sauce Solids** - the label will state if made from wheat.

### Avoid Cross-Contamination

Cross-contamination can occur when a gluten free food comes in contact with a gluten containing food. To avoid cross-contamination at home take the following precautions:

- Store gluten free baking supplies and foods in a separate section of your kitchen or pantry.
- Use separate utensils, cutting boards and other cooking tools for gluten free food items.
- Buy separate appliances such as toasters or bread machines for use only with gluten free breads.
- Keep sponges and dish cloths separate from those that have had contact with gluten containing items.

## Find Gluten Free Products

Hannaford makes it easy to find gluten free products. Just look for the purple and gold shelf tags! You may also browse products online to find items available in-store and filter by nutrition elements that are important to you, such as Gluten Free, Guiding Stars® and other allergens.

## What Foods Contain Gluten?

The following foods naturally contain gluten or may be made using ingredients that contain gluten. **Utilize the identifying shelf tags and Gluten Free Decision Tree when shopping for:**

Wheat - all forms	Semolina	Graham flour
Barley	Durum	Couscous
Rye	Spelt	Beer, ale, lager
Bulgur	Triticale	Malt

### Other possible sources of gluten:

Meats injected with broths	Commercially prepared drinks	Thickening agents
Some marinades	Some nondairy creamers	Imitation seafood
Self-basting meats	Processed deli meats	Seasonings

## The Scoop on Oats

Oats need special attention. Since some oats may be processed in the same facilities as wheat, contamination can occur even with the best cleaning protocol. Look for oats with the gluten free claim.



# Gluten Free Decision Tree

Is the product labeled "Gluten-Free" with any of these certification symbols?



NO ↓

Is the product labeled "Gluten-Free" without a certification symbol?

NO ↓

Read the list of ingredients. Are wheat, rye, barley, malt or oats listed?

NO ↓

Does the product contain any meat or poultry? Or is it a "mixed" food product containing meat or poultry or a basic egg product with the USDA mark of inspection on the package?



NO ↓

The FDA regulates this product, and manufacturers must comply with the Food Allergen Labeling Law. Is wheat listed in the ingredients or "contains" statement?

NO ↓

The product is probably gluten-free. Be cautious about cross-contamination risks. For example, flours and grains can become cross-contaminated during the manufacturing process. Contact the manufacturer for more information when unsure.

YES →

Product is certified gluten-free to safe levels specified by certifying agency.

YES →

Product is probably gluten-free but may not be tested for gluten cross-contamination. Visit company website for further information or phone the company directly.

YES →

Product contains gluten unless malt is specifically listed as corn, rice or sorghum malt. Only oats labeled as gluten-free should be used.

YES →

This product is regulated by the USDA and allergen labeling is voluntary.

- If you see wheat in the "contains" statement or allergen statement, the product contains gluten.
- Ingredients such as modified food starch, dextrin and starch may indicate presence of gluten. Contact manufacturer for more information.
- If product is free of gluten ingredients it may be safe. Contact manufacturer for more information about processing and potential cross-contamination risks.

YES →

Product contains gluten.

"Gluten-free" is a voluntary claim that manufacturers may choose to use in the labeling of their foods. Manufacturers that label their foods as free of gluten are responsible for using the claim in an accurate and not misleading manner, and for complying with all requirements established by the regulation and enforced by the FDA.



## 3 Day Gluten Free Menu

Always check product ingredients list, as many processed foods use flour and additives made from wheat, rye or barley.

### Day 1

#### Breakfast:

1 cup gluten free cereal  
1 cup milk  
1 Tbsp. sliced almonds  
1/2 grapefruit

#### Snack:

Fruit  
4 rice crackers  
with peanut butter

#### Lunch:

Large salad made with:  
Spinach and other greens  
Gluten free dressing  
Grilled chicken  
Cheddar cheese  
1/2 cup chickpeas  
1/4 cup soy nuts  
8 rice crackers

#### Mid-afternoon snack:

10 baby carrots  
Guacamole

#### Dinner:

2 cups pad thai  
with rice noodles  
Steamed veggies  
Chicken grilled with gluten  
free Thai peanut sauce

### Day 2

#### Breakfast:

2 eggs with 1 slice of bacon  
1 slice of gluten free toast  
1 cup of milk

#### Snack:

Gluten free bar

#### Lunch:

Tuna or egg salad on  
gluten free bread  
Fruit  
1 oz. potato or tortilla chips  
1 cup milk

#### Mid-afternoon snack:

Fruit  
1/4 cup nuts

#### Dinner:

Stir-fry veggies with tofu  
and/or shrimp, adding:  
Gluten free soy sauce  
Fresh ginger  
Garlic  
1 1/2 cups rice  
1/2 cup pineapple

#### Dessert:

1/3 cup vanilla ice cream  
2" square gluten free brownie

### Day 3

#### Breakfast:

Peanut butter and jelly  
on gluten free toast  
1 cup of Greek yogurt  
1 medium banana

#### Snack:

Fruit  
1 oz. cheese

#### Lunch:

Taco salad made with:  
Corn tortilla chips  
Refried beans  
Cheese  
Shredded lettuce  
Salsa  
Sliced avocado

#### Mid-afternoon snack:

Fruit smoothie

#### Dinner:

Large sweet potato with  
cheese and broccoli  
Pork tenderloin  
Large salad with nuts  
and cheese  
Gluten free dressing

## Gluten Free Healthy Snacks

Think Living Gluten Free Limits You? Think Again!

Smart snacking between meals provides steady energy throughout the day.

Try these recommended snacks with a satisfying variety of protein and carbohydrates for long-lasting energy!



- Small apple with 1 Tbsp. of nut butter or sunflower-seed butter
- 1 cup bell pepper strips with 2 Tbsp. hommus
- 1 ounce sharp light cheddar with 10 certified gluten free crackers
- 1/2 cup low or no fat cottage cheese with 3/4 cup blueberries
- Hard-boiled egg with 10 certified gluten free crackers
- 1 mini banana with 1 Tbsp. of nut butter or sunflower-seed butter
- 2 ounces chunk light tuna mixed with 1 Tbsp. of mayonnaise dressing containing heart-healthy oils and celery sticks for dipping/scooping
- 1 container Greek yogurt with 1/2 cup berries
- 1 cup carrot and celery sticks with 1/4 cup Greek yogurt ranch dip
- Trail mix with popcorn, nuts, dried fruit and dark chocolate chips



# A Gluten Free Shopping List

## From Your Hannaford Dietitians

Use the foods listed below to fill your cart with nutritious foods that are also gluten free.\*  
Aim to fill 80% or more of your cart with Guiding Stars® items!

### Vegetables

Choose fresh and in-season whenever possible. Frozen and low-sodium canned veggies are also good choices.

- Artichokes
- Bell peppers
- Broccoli
- Carrots
- Eggplant
- Green beans
- Leafy greens
- Mushrooms
- Onions
- Peas
- Squash
- Tomatoes
- Zucchini

### Fruits

Naturally gluten free. Choose fresh and in-season whenever possible. When choosing canned, opt for those in their own juice vs. heavy syrup.

- Apples
- Avocado
- Banana
- Berries
- Cherries
- Dates
- Figs
- Grapes
- Lemons
- Melon
- Oranges
- Peaches
- Pears
- Plums
- Pomegranates

### Herbs & Spices

Add flavor without adding salt!

- Basil
- Cilantro
- Cinnamon
- Cumin
- Nutmeg
- Parsley
- Rosemary
- Thyme
- Oregano
- Pepper

### Healthy Fats/Oils

- Extra virgin olive oil
- Avocado oil
- Canola oil
- Grape seed oil

### Dairy/Eggs

Naturally gluten free! Be cautious with flavored yogurts or those with added toppings. Follow the Gluten Free Decision Tree any time you have a concern.

- Cheese, low-fat
- Milk, low-fat or skim
- Plain yogurt
- Eggs

### Beans/Legumes

An inexpensive way to add fiber and protein to a meal. When using canned, look for low sodium or simply drain and rinse before using to reduce sodium.

- Black beans
- Cannellini beans
- Chickpeas (garbanzo)
- Great northern
- Navy beans
- Green lentils
- Red lentils
- Yellow lentils

### Nuts & Seeds

For healthy fats, fiber and protein!

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Flaxseeds
- Macadamia
- Peanuts
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sunflower seeds
- Walnuts

### Gluten Free Grains

Naturally gluten free. Look for the word "whole" as one of the first two ingredients.

- Amaranth
- Buckwheat
- Corn
- Millet
- Oatmeal
- Quinoa
- Rice (brown, white, wild)
- Sorghum
- Teff
- 100% lentil or bean pasta







### Lean Proteins

- Beef (top round, eye of round, top sirloin)
- Bison
- Chicken breast
- Cod
- Pork tenderloin
- Salmon
- Sardines
- Tilapia
- Tuna
- Turkey breast

# Portion Control Guide






## Fruits and Vegetables

### What is a serving of fruit or vegetable?

- 1 cup salad greens (about the size of a baseball) 
- 1/2 cup fresh fruit (about the size of a tennis ball) 
- 1 medium banana (about the size of an eyeglass case) 
- 1/4 cup raisins (about the size of a golf ball) 
- 1 cup green beans, broccoli or other cut-up or cooked vegetable (about the size of a light bulb) 
- 1 baked potato (about the size of a computer mouse) 





## Meats and Protein

### What is a serving of meat or protein?

- 1 small skinless, boneless chicken breast (about the size of a computer mouse) 
- 3 oz. grilled fish (about the size of a checkbook) 
- 2 Tbsp. peanut butter (about the size of a golf ball) 
- 3 oz. tofu (about the size of a deck of cards) 
- 3 oz. hamburger made with lean or extra-lean ground beef or ground turkey (about the size of a deck of cards) 





## Grains

### What is a serving of grain?

- 1 pancake (about the size of a DVD) 
- 1 piece of corn bread (about the size of a bar of soap) 
- 1/2 cup cooked rice, pasta or cereal (about the size of a tennis ball) 
- 1 cup of cereal flakes (about the size of a baseball) 

## Dairy and Cheese

### What is a serving of dairy or cheese?

- 1 oz. low-fat or fat-free cheese (about the size of 4 stacked dice or 2 cheese slices) 
- 1/2 cup of low-fat ice cream or low-fat or fat-free frozen yogurt (about the size of a tennis ball) 
- 1 cup low-fat or fat-free milk 
- 1 cup low-fat or fat-free yogurt 

\*Be sure to look for one of the gluten free certification symbols on any packaged foods to confirm they meet standards set by the certifying agency.



# Our Commitment

Hannaford genuinely cares about your well-being. We are committed to making it easier for our customers to find and choose foods and products that promote a healthy lifestyle.

## We Offer

Healthy Living classes and store tours led by our team of registered dietitians.

Guiding Stars® - our unique at-a-glance navigation system that helps you find foods with more nutrition, quickly and easily.

A wide range of foods, supplements, vitamins and beauty care items that help you nurture and care for your body.

Hannaford Pharmacy, which helps you stay healthy *and* save money. Because Hannaford has both dietitians and pharmacists, we can help you understand and find what you need to maximize your health.

Online convenience - see what **hannaford.com** can do for you:

- Search for products and recipes with Guiding Stars
- Create shopping lists
- Place a Hannaford To Go order (at many stores)
- View nutrition facts to calculate and compare products
- Browse products by store and sort by nutrition elements that are important to you



**[hannaford.com/dietitians](http://hannaford.com/dietitians)**

The information in this booklet is not medical advice, and you should consult a healthcare professional for individual recommendations.