



Living Gluten Free

Our Commitment

Hannaford is genuinely concerned for 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 Dieticians.

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.

Full-service pharmacies in most of our stores with friendly, professional pharmacists to answer your prescription questions and provide guidance on other condition management options.



For the love of food

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

Ask the Nutritionist

At Hannaford, we care about your health and well-being. Our online "Ask the Nutritionist" program lets you communicate with a knowledgeable, experienced registered dietician. We welcome your personal questions about celiac disease and any other diet, nutrition or wellness topic, such as eating tips for a healthy lifestyle, special dietary needs, understanding food labels and portions, and community support groups. To ask the nutritionist a question, please go to www.hannaford.com and click on **Healthy Living**, or call 1-800-213-9040 and choose option 2.

Meet our Nutrition Coordinators

In several of our stores, we have Nutrition Coordinators who are registered dietitians. They can help you shop for gluten-free foods. Check with your local store or on our website to find one near you. Complimentary services include:

Healthy store tours

Classes on healthy eating, including gluten free

Samples and nutritious eating tips

Reading food labels and portion control

One-on-one consultations

To get a schedule of our free wellness classes, please go to www.hannaford.com, and click on **Wellness Classes** under Healthy Living.



What is Celiac Disease?

Celiac disease is a sensitivity to gluten, a protein found in some grains such as wheat, rye and barley. This disease can trigger an autoimmune response in which the small intestine villi are damaged, not allowing nutrients to be absorbed. The only treatment for this disease is to follow a strict non-gluten diet.

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Enjoy these naturally GLUTEN-FREE FOODS

ALL FRESH FRUIT & VEGETABLES



MOST DAIRY PRODUCTS (check labels for any fillers)



MEATS, POULTRY & FISH



BEANS & LENTILS OF EVERY TYPE



ALL NUTS & SEEDS



STARCHES – such as corn, rice, potato, parsnip, turnip, yucca and all other tubers





Searching for gluten-free products?

Just ask us! Your Hannaford store manager would be happy to put in an order for bulk gluten-free products for you.

Look for these brands at Hannaford:

Pamela's Products
Kinnikinnick Foods
Annie's Natural
Bob's Red Mill

Lundberg
Glutino
Gluten-Free Pantry

Hannaford Guiding Stars

Guiding Stars at Hannaford is an in-store resource that can help you quickly find foods with the most nutrition. Food and beverages with one, two or three Guiding Stars are highest in fiber, whole grains, vitamins and minerals and low-to-no saturated fat, trans fat, cholesterol, added sodium and added sugars. As you shop for gluten-free food, look for foods with one, two or three stars as the foundation of your healthy diet.

One, Two or Three Guiding Stars means that item has:



Guiding Stars®

Nutritious shopping made simple.®

More	Less
Vitamins	Saturated Fat
Minerals	Trans Fat
Fiber	Cholesterol
Whole Grains	Added Sodium
	Added Sugars

GLUTEN-CONTAINING Grains & Foods:

Wheat - all forms
Barley
Rye
Bulgur
Semolina
Durum
Spelt
Triticale
Graham Flour
Couscous
Beer, Ale, Lager
Malt

other possible sources of gluten:

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

NON-GLUTEN Grains, Flours, Cereals & Starches:

Brown Rice/Brown Rice Flour
White Rice or Sweet Rice/Flour
Indian Ricegrass
Rice Bran
Garbanzo Bean Flour
Fava Bean Flour
Nut Flours (almond, hazelnut, pecan)
Amaranth
Quinoa
Millet
Corn
Arrowroot
Potato Flour
Sorghum
Soybeans/Flour
Buckwheat
Tapioca
Flax
Polenta
Teff

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.



Hidden Gluten

The following terms found in food labels may mean there's gluten in the product.

Hydrolyzed Vegetable Protein (HVP) - unless made from soy or corn.

Flour or Cereal Products - unless made with pure rice flour, corn flour, potato flour or soy flour.

Vegetable Protein - unless made from soy or corn.

Malt or Malt Flavoring - unless derived from corn.

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

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

Soy Sauce or Soy Sauce Solids - unless you know they do not contain wheat.

Ask for gluten-free prescriptions, vitamins & supplements

Check vitamin labels to make sure they are gluten-free. All medications have fillers, some contain gluten. Most are lactose or cornstarch. However, check with your pharmacist as wheat starch may also be used. **Be sure to tell your pharmacist if you have been diagnosed with celiac disease.**

Get fortified – most gluten-free foods are not fortified. Make sure you're getting your daily needs of calcium, vitamin D, iron, folate and vitamin B12, and remember to check the labels to make sure no gluten fillers are used.





Add whole grains to your gluten-free diet

- Add cooked buckwheat, oat groats, steel-cut oats, quinoa, sorghum, or wild rice to rice pilaf.
- Enrich soups with cooked brown rice, buckwheat, oat groats, quinoa, sorghum or wild rice.
- Add 1/4 cup of cooked amaranth or teff to brownies, cakes, and cookies.
- Blend cooked oat groats or brown rice with black beans or pinto beans in Southwestern dishes.
- Replace 1/4 of the cornmeal with teff grains for a cornmeal-teff polenta.
- Use quinoa flakes or gluten-free cold cereals and granolas to top fruit crisps.
- Choose pasta that is made with added rice bran or quinoa.
- Choose baking flours such as amaranth, brown rice, buckwheat, quinoa, sorghum, teff, or wild rice because they are ground from the whole grain.
- Sprinkle ground flax or flax meal on yogurt or hot cereal.
- Add cream of buckwheat cereal, ground flax or flax meal, to homemade breads.

Substitutions for 1 Tbsp. wheat flour

1 1/2 tsp.	Arrowroot starch
1 1/2 tsp.	Cornstarch
1 1/2 tsp.	Potato starch or flour
1 1/2 tsp.	Gelatin powder (unflavored)
2 tsp.	Quick-cooking tapioca
1 Tbsp.	White rice flour
1 Tbsp.	Tapioca starch or flour
1 Tbsp.	Bean flour (garbanzo)



5-Day Gluten-Free Menu

Monday

Breakfast:

1 cup gluten-free cereal
1 cup milk
1 Tbsp. sliced almonds
1/2 banana or 2 Tbsp. raisins

Snack:

Fruit
4 rice crackers
with peanut butter

Lunch:

Large salad
Gluten-free dressing
Chicken or tuna
Cheese
1/2 cup chickpeas
1/4 cup soy nuts
8 rice crackers

Mid-afternoon snack:

Fruit
1/4 cup peanuts

Dinner:

2 cups Pad Thai
Steamed veggies
2" square gluten-free brownie

Tuesday

Breakfast:

2 gluten-free waffles
2 Tbsp. maple syrup
2 eggs

Snack:

Fruit
4 rice crackers
with peanut butter

Lunch:

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

Mid-afternoon snack:

Gluten-free bar

Dinner:

3 (6") corn tortillas
Shredded cheese
Refried beans
Salsa
Ground beef or chicken
Lettuce
Tomato
Peppers

Wednesday

Breakfast:

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

Snack:

Fruit smoothie

Lunch:

Taco salad made with:
Corn tortilla chips
Refried beans
Cheese
Salad
Salsa

Mid-afternoon snack:

Fruit
1/4 cup nuts

Dinner:

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

Beware many processed foods contain wheat, rye, or barley flour or food additives.

Thursday

Breakfast:

Peanut butter and jelly
on gluten-free toast
1 cup of milk
Fruit

Snack:

Gluten-free bar

Lunch:

1 1/2 cup rice
Leftover stir-fry
Fruit

Mid-afternoon snack:

Rice cake with peanut butter
or gluten-free bar and fruit

Dinner:

Large baked potato with
cheese and broccoli
Grilled chicken breast
Large salad with nuts and
cheese
Gluten-free dressing

Friday

Breakfast:

Veggie omelet
Gluten-free English muffin
Margarine and jam

Snack:

Fruit
1 oz. cheese

Lunch:

Peanut butter and
jelly sandwich on
gluten-free bread
1 oz. chips
Thai rice noodle soup
Carrot sticks

Mid-afternoon snack:

Fruit and 1/4 cup nuts

Dinner:

Roast chicken or turkey
1 cup winter squash
or 1/2 cup sweet potato
1 cup white potato
Steamed broccoli & peppers
1/2 cup ice cream
2" square gluten-free brownie



Gluten-Free Orange Cinnamon Bread

- 1 cup white rice flour
- 2 Tbsp. potato starch or flour
- 1/2 tsp. baking soda
- 1/2 tsp. ground cinnamon
- 1/4 cup sugar
- 1 egg
- 1/2 cup orange juice

Preheat oven to 350°. Lightly grease a 4" x 6" bread pan. Set aside. Mix dry ingredients together. Add egg and orange juice. Mix well. Pour mixture into prepared baking pan. Bake 35 minutes. Allow to cool before slicing.



High-Fiber Hot Cereal

- 3 Tbsp. flaxseed meal (ground flax)
- 3 Tbsp. cream of brown rice hot cereal
- 1 1/3 cup water
- dash of vanilla

Combine the first three ingredients in a large bowl, cook on stovetop on high for 3 - 4 minutes, or until thick and creamy. Stir in vanilla. Serve with brown sugar, nuts and/or dried fruits.



Gluten-Free Flour Mix

1 cup of this mixture can replace
1 cup of wheat flour in a recipe.

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|-----------|------------------|
| 4 cups | White rice flour |
| 1 1/3 cup | Potato starch |
| 1 cup | Tapioca flour |

Gluten-Free Anadama Bread

1 cup water
1/4 cup cornmeal
1 Tbsp. butter
1/4 cup molasses
1 tsp. salt
1 package of yeast
2 eggs
2 tsp. xanthan gum
1/3 cup milled flaxseed
2 1/2 cups gluten-free flour mix
1 cup rice flour

Heat water, cornmeal, butter, molasses, and salt on low until bubbly and thick. Let cool. Mix one package of yeast with 1/4 cup warm water to dissolve. Add to mixture once it is cool. Beat 2 eggs and 2 tsp. xanthan gum together in a small bowl. Add to cornmeal mixture, only if it's cool, or it will cook the eggs. Slowly add 1/3 cup milled flaxseed, 2 1/2 cups all-purpose gluten-free flour, and 1 cup rice flour and mix until bread consistency (dough will be sticky). Grease top of dough with oil. Cover with wax paper and clean towel. Let it rise; it will double in size. Once it has doubled in size, grease bread pan, cover with wax paper and towel and let rise. Once risen, bake at 350° for about 45-60 min.

Gluten-Free Blueberry Muffins

2 cups gluten-free flour (preferably whole-grain gluten-free flour)
1 tsp. guar gum or xanthan gum (unless using a prepackaged mix that includes it)
1 Tbsp. flax meal
3 1/2 tsp. gluten-free baking powder
1/2 tsp. salt (regular or sea salt)
1/4 cup brown sugar (increase to 1/2 cup for a sweeter dessert muffin)
1 egg
1 1/4 cup milk (or rice milk)
1/4 cup olive oil (or a preferred lighter tasting oil)
1 cup blueberries

Grease 12 medium muffin cups. Preheat oven to 400°. Sift together first six dry ingredients. In a separate bowl, beat together 1 egg, 1 1/4 cup milk, and 1/4 cup olive oil. Add the liquid ingredients to the dry ingredients. Stir only until combined. Batter will be lumpy. Fold in 1 cup of blueberries. Fill muffin cups. Bake for 20 minutes.