

Back to Basics Natural Foods

Presents:

A
Celiac
Survival
Guide



Enclosed please find resources and
answers to your celiac questions.

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Disclaimer: This booklet is intended for informational purposes only. Back to Basics has put together this survival guide with your well-being our utmost concern. Things change, products change, menus change. Therefore this information may change. Please use your own diligence in selecting products and dining out services.

WHAT IS CELIAC DISEASE?

Celiac disease, also known as **gluten intolerance**, is a genetic disorder that affects 1 in 133 Americans. Symptoms of **celiac disease** can range from the classic features, such as **diarrhea**, **weight loss**, and **malnutrition**, to latent symptoms such as isolated nutrient deficiencies but no **gastrointestinal symptoms**. The disease mostly affects people of European (especially Northern European) descent, but recent studies show that it also affects Hispanic, Black and Asian populations as well. Those affected suffer damage to the villi (fingerlike projections on the surface of the small intestine that help absorb nutrients) of the small intestine when gluten is ingested (www.celiac.com).

The remedy for **celiac disease** is a lifelong 100% gluten-free diet. An adherence to a gluten-free diet promotes healing of the intestines and can prevent almost all complications caused by the disease. This means avoiding all products that contain or are derived from gluten-containing grains. Many gluten-derived ingredients may be hidden in processed foods (www.celiac.com).

Celiac Brainteasers

Q: If a product is GLUTEN FREE, is it also wheat free?

A: YES!

Q: If a product is wheat free, is it also GLUTEN FREE?

A: Not necessarily. Other grains that do contain gluten may be among the ingredients.

WHAT CAN I EAT???

Please find below lists of foods to avoid and alternatives to enjoy. This is a list of staple items that we receive questions about at Back to Basics. However, it is not a complete list of all foods available either to avoid or enjoy.

Basic Foods to Avoid

Alcohol-Based Extracts	Rye
Barley	Semolina
Barley Malt	Spelt
Durum	Triticale (a wheat and rye hybrid)
Einkorn (a wheat variety)	Vinegars, Grain-Based**
Faro (a wheat variety)	Wheat
Kamut	Wheat Gluten
Natural Flavors (some)*	White Flour
Oats***	Whole Wheat Flour

Basic Foods to Enjoy

Alcohol-Free Extracts	Oats***
Amaranth	Potato Flour
Bean Flours	Quinoa
Buckwheat	Rice
Canola (Rapeseed)	Sorghum
Corn (Maize)	Soy
Millet	Tapioca
Nut Flours	Vinegars, non-grain****

*Some natural flavors may contain grain alcohol.

**Research from the American Dietetic Association indicates that distilled vinegars are safe for celiacs.

***Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also have an additional, unrelated intolerance to them. Cross contamination with wheat is also a factor that you need to consider before choosing to include oats in your diet (www.celiac.com). McCann's oats are believed to be safe for celiacs.

****Apple cider, balsamic, red wine and rice-based vinegars are fine.

COMMUNITY RESOURCES

LOCAL SUPPORT GROUPS

American Celiac Family Support Group of Rhode Island

Linda Monahan, President

(401) 568-6110

Website: www.celiacsupportgroup.com

Celiac Sprue Support Group of Southeast New England

Kathleen Thiboutot

(401) 624-8888

E-mail: kathit51@hotmail.com

The Celiac Support Group for Children, Inc.

Tanis Collard, President

(508) 399-6229

E-mail: csgc@verizon.net

NATIONAL INFORMATIONAL WEB SITES

www.celiac.com

www.celiaccenter.org.

University of Maryland Research Center

www.celiacdiseasecenter.columbia.edu

Celiac Disease Center at Columbia University

www.csaceliacs.org

Celiac Sprue Association

SHOPPING BACK TO BASICS FOR GLUTEN FREE FOODS

Back to Basics offers over 500 GLUTEN FREE

foods, and we feature 7 freezer doors dedicated exclusively to GLUTEN FREE selections.

To make your shopping experience as easy as possible, we have coded our store shelf tags with GLUTEN FREE stickers.



With this coding system you can take your time and shop with the assurance that what you are buying is truly GLUTEN FREE.

Please ask for a GLUTEN FREE store tour

“Following the Orange Dot Road!”

We will be glad to show you firsthand all the GLUTEN FREE products available and how easy it is to shop for them.

FOOD SUPPLEMENTS

BACK TO BASICS has labeled vitamin tags with an orange GLUTEN FREE sticker to highlight which supplement items are GLUTEN FREE.

BODY CARE ITEMS

We currently have no formal system to identify body care items that may or may not be GLUTEN FREE.

DINING OUT!!!

Please find below a list of local restaurants that offer GLUTEN FREE selections for your eating pleasure.

BUGABOO CREEK STEAKHOUSE

30 Jefferson Boulevard, Warwick, RI, (401) 781-1400

CARRABA'S

1350 Bald Hill Road, Warwick, RI, (401) 827-8880

CAYLILY'S BISTRO

333 Main Street, Wakefield, RI, (401) 789-0914

CHILI'S

FRESH CITY

Bald Hill Plaza, Warwick, RI, (401) 821-1700

THE GRILLE ON MAIN

50 Main Street, East Greenwich, RI, (401) 885-2200

KABOB AND CURRY

261 Thayer Street, Providence, RI, (401) 273-8844

LEGAL SEA FOODS

2099 Post Road, Warwick, RI, (401) 732-3663

OLIVE GARDEN (a very few GF selections)

OUTBACK STEAKHOUSE

1000 Division Street, East Greenwich, RI, (401) 886-4543

PINELLI'S CUCINA

900 Victory Highway, Slatersville, RI, (401) 767-2444

PINELLI'S CUCINA TWIST

2095 Kingstown Road (Route 108), South Kingstown, RI, (401) 789-5300

PINELLI'S AT NIGHT CAFÉ

701 Quaker Lane, West Warwick, RI, (401) 821-8828

PINELLI'S NORTH END CAFÉ

1058 Charles Street, North Providence, RI, (401) 726-4400

POST OFFICE CAFÉ

11 Main Street, East Greenwich, RI, (401) 885-4444

RANCHO CHICO

52 Washington Street, Plainville, MA, (508) 643-2534

RASOI

727 East Avenue, Pawtucket, RI, (401) 728-5500

SMOKEY BONES

Bald Hill Plaza, Warwick, RI, (401) 821-2789 & Providence Place Mall, Providence, RI, (401) 228-8450

TEXAS ROADHOUSE

99 Garfield Avenue, Cranston, RI, (401) 944-1900

TWIST

500 Angell Street, Providence, RI, (401) 831-4500

GLUTEN FREE BOOKS

ACFSG of RI

Delightfully Seasoned Recipes from the American Celiac Family Support Group of RI

Allen, Darina

Healthy Gluten-Free Cooking

Cox, Michael

Gluten Free: More Than 100 Delicious Recipes Your Family Will Love

Fenster, Carol, Ph.D.

Gluten Free 101

Wheat-Free Recipes and Menus

Cooking Free

Gluten-Free Celebrations

Special Diet Celebrations

Hagman, Bette

The Gluten-Free Gourmet Revised Edition

More from the Gluten-Free Gourmet

The Gluten-Free Gourmet Cooks Fast and Healthy

The Gluten-Free Gourmet Cooks Comfort Foods

The Gluten-Free Gourmet Bakes Bread

Korn, Danna

Wheat Free, Worry Free: The Art of Happy, Healthy, Gluten-Free Living

Lowell, Jax Peters

The Gluten Free Bible

Martin, J.M.

The All Natural Allergy Cookbook

O'Brien, Susan

Gluten-Free, Sugar-Free Cooking

Sarros, Connie

Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults

Wheat-Free, Gluten-Free Dessert Cookbook

Wheat-Free, Gluten-Free Reduced Calorie Cookbook

Savill, Antoinette

The Gluten, Wheat and Dairy Free Cookbook

MOST POPULAR

The following items are the most popular GLUTEN FREE items at Back to Basics. This list is based upon consumer sentiment and represents only a small portion of what we actually carry.

BREAKFAST	LUNCH	DINNER
<ul style="list-style-type: none"> • Kinnikinnick Donuts, Muffins, Bagels, Cinnamon Buns (F) • El Peto Waffles (F) • Foods by George English Muffins (F) • Glutino Bagels (F) • Shelton Turkey Sausages (F) • Wildwood Soy Yogurts (R) 	<ul style="list-style-type: none"> • Amy’s Cheese Enchilada (F) • Applegate Cold Cuts (R) • Foods by George Individual Pizzas (F) • Sunshine Burgers (F) 	<ul style="list-style-type: none"> • Amy’s Garden Lasagna (F) • Comfy Cuisine Vegetarian Entrées (F) • Dr. Praeger’s Fish Fillets (F) • Glutino Alfredo Penne (F)

<p>BREADS</p> <ul style="list-style-type: none"> #1 Kinnikinnick breads: Italian, White Sandwich (F) #2 Glutino breads: Corn, Flax, Fiber and Cinnamon Raisin (F) #3 Sterk’s #4 Ina Garden <p>CAKE/COOKIE/MUFFIN MIXES</p> <ul style="list-style-type: none"> #1 Really Great Food Company Cake and Muffin Mixes #2 Pamela’s Incredible Chocolate Chunk Cookie Mix #3 Glutino White Cake Mix #4 Gluten Free Pantry Angel Food Cake Mix <p>CANDY</p> <ul style="list-style-type: none"> #1 Green & Black’s (select chocolate bars) #2 Glutano Break Bars #3 Newman’s Own Chocolate Bars and Cups #4 Stretch Island Fruit Leathers <p>CEREALS</p> <ul style="list-style-type: none"> #1 Health Valley Rice Crunch-Ems #2 Enviro Kidz Amazon Flakes #3 Nature’s Path Honey’d Corn Flakes <p>CHEESE</p> <ul style="list-style-type: none"> #1 Cabot #2 Follow Your Heart #3 Lisanatti 	<p>CONDIMENTS</p> <ul style="list-style-type: none"> • Annie’s Ketchup, Yellow Mustard • Cascadian Farms Relish, Pickles • Follow Your Heart Vegenaize (R) <p>COOKIES</p> <ul style="list-style-type: none"> #1 Pamela’s – All Varieties #2 Mi-Del Sandwich Cookies #3 Kinnikinnick – All Varieties #4 Glutino Dreams <p>CRACKERS</p> <ul style="list-style-type: none"> #1 Blue Diamond – All Varieties #2 Sesmark Rice Thins #3 Dr. Schär <p>DRESSINGS/MARINADES</p> <ul style="list-style-type: none"> #1 Annie’s Papaya Poppy Seed and French Dressings #2 Organicville Pomegranate #3 Premier Japan Wheat Free Teriyaki Sauce #4 Wizard’s Organic WF Worcestershire Sauce <p>FLOURS</p> <ul style="list-style-type: none"> #1 Bob’s Red Mill Brown Rice Flour, White Rice Flour #2 Pamela’s Baking and Pancake Mix #3 Gluten Free Pantry Favorite Sandwich Bread Mix #4 Chebe Bread Mix <p>KIDS’ FAVORITE CHOICE AWARDS</p> <ul style="list-style-type: none"> #1 Ian’s Alphantots Fries #2 Wellshire Chicken Bites 	<p>PASTAS</p> <ul style="list-style-type: none"> #1 Tinkyada – All Varieties #2 Bi-Aglut – All Varieties #3 Amy’s Rice Mac n’ Cheese (F) #4 Glutino Mac & Cheese (F) <p>PASTA SAUCES</p> <ul style="list-style-type: none"> #1 Walnut Acres Organic Tomato Basil Sauce L/S #2 Bove’s Marinara Sauce #3 Enrico’s Pasta Sauce, Pizza Sauce <p>PIZZA</p> <ul style="list-style-type: none"> #1 Amy’s Pizza (F) #2 Foods by George Pizza (F) #3 Comfy Cuisine Pepperoni Pizza (F) <p>SNACKS</p> <ul style="list-style-type: none"> #1 Enviro Kidz Bars #2 Enjoy Life Cookies and Bars #3 Glutino Breakfast Bars #4 Larabars #5 Zensoy puddings (R) <p>SEASONAL ITEMS</p> <ul style="list-style-type: none"> • Bread Stuffings • Turkey Gravy • Cerrone Ice Cream Cones • Natural Feast Pies • Sherrie’s Pies <p>SOUPS</p> <ul style="list-style-type: none"> #1 Amy’s Cream of Tomato L/S #2 Amy’s Lentil Vegetable L/S #3 Imagine Organic Chicken Broth #4 Imagine Butternut Squash Soup
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(F) = Frozen (R) = Refrigerated L/S = Low Sodium • = Specialty items/ranking not applicable

NOTES: