



The Scoop on Oats

Most oats are cross-contaminated with wheat, rye or barley, and are therefore not allowed on a gluten-free diet. Fortunately, there are companies producing pure, uncontaminated oats. Grown on dedicated fields, these oats are also harvested, transported and processed with dedicated equipment. For more info, visit www.allergicliving.com/oats.

Start Your Morning Right

Thanks to an influx of new gluten-free foods, banishing wheat from your diet no longer means swearing off breakfast cereal. Available at grocery, online and health-food stores, GF cold cereals are made with ingredients such as corn, amaranth, rice, sorghum, quinoa, flax, buckwheat and specialty pure oats.

But just like gluten-containing cereals, some GF cereals are more nutritious than others. The ideal cereal is low in sugar, sodium, fat and calories, and contains whole grains, lots of fibre and is enriched with nutrients. Check our handy charts to see if your

favorite cereal or granola meets these criteria. If not, it's easy to boost the nutritional quality of your breakfast. Here's how:

- Add your favorite fruit (fresh, frozen or dried).
- Toss in a heaping spoonful of ground flax.
- Add chopped almonds, pecans, pistachios or walnuts.
- Sprinkle with seeds (sunflower, sesame, chia or hemp).
- Add some low-fat yogurt.
- Mix and match – use a larger portion of the healthier cereal and a smaller portion of the less-nutritious one.

| Cold Cereals (based on 1 cup serving size) | Calories | Fat (grams) | Protein (grams) | Carbohydrates (grams) | ** Sugar (grams) | Fibre (grams) | Sodium (milligrams) | Grains, Flours and Starches |
|--|-----------------|-----------------------|---------------------------|---------------------------------|----------------------------|-------------------------|-------------------------------|--|
| Nature's Path Organic Crispy Rice | 146 | 2 | 2.7 | 32 | 2.7 | 2.7 | 213 | Brown rice flour |
| Fruit Juice Corn Flakes | 146 | 0 | 2.7 | 32 | 4 | 2.7 | 200 | Corn meal |
| Mesa Sunrise | 160 | 1.3 | 4 | 32 | 5.3 | 4 | 166 | Corn meal, yellow corn flour, flax, buckwheat flour, quinoa, amaranth |
| Whole O's | 180 | 2.3 | 3 | 38 | 6 | 4.5 | 173 | Brown rice flour, corn flour |
| Panda Puffs | 173 | 3.3 | 3.2 | 32 | 9.3 | 2.7 | 173 | Corn meal |
| Crunchy Vanilla Sunrise | 165 | 1.5 | 3 | 38 | 9.3 | 4.5 | 195 | Whole corn meal, brown rice flour, yellow corn flour, inulin, quinoa puffs, flax seeds, buckwheat flour, quinoa. |
| Gorilla Munch | 160 | 0 | 2.7 | 36 | 10.6 | 2.7 | 146 | Corn meal |
| Leapin Lemurs | 160 | 2 | 2.7 | 33 | 10.6 | 2.7 | 153 | Corn, meal, whole grain corn meal, peanut butter |
| Koala Crisp | 146 | 1.3 | 2.7 | 33 | 14.6 | 2.7 | 133 | Brown rice flour, tapioca starch |
| El Peto Wholegrain Cornflakes | 160 | 1.3 | 4 | 32 | 0 | 5.3 | 47 | Whole grain corn |
| Unsweetened Cornflakes | 160 | 2 | 4 | 31 | 0 | 2.7 | 27 | Corn |
| Corn Balls | 160 | 1.3 | 2.7 | 32 | 9.3 | 2.7 | 0 | Corn |
| Arrowhead Mills Rice Flakes Sweetened Cereal | 180 | 1 | 3 | 40 | 8 | 1 | 190 | Whole grain brown rice, brown rice flour |
| Maple Buckwheat Flakes Cereal | 170 | 1 | 4 | 35 | 5 | 1 | 190 | Whole grain (buckwheat groats, brown rice flour, buckwheat flour) |
| Health Valley Corn Crunch-Ems | 110 | 0 | 2 | 23 | 2 | 2 | 160 | Milled yellow corn, corn bran |
| Rice Crunch-Ems | 110 | 0 | 2 | 26 | 2 | 2 | 150 | Milled rice, corn bran |
| Erewhon (Attune Foods) Crispy Brown Rice Mixed Berries | 120 | 0.5 | 2 | 27 | 6 | 1 | 100 | Brown rice, cornmeal |
| Crispy Brown Rice (GF version) | 110 | 0.5 | 2 | 25 | <1 | 0 | 160 | Brown rice |
| Corn Flakes | 130 | 0 | 3 | 30 | 0 | 1 | 60 | Milled corn |
| Cocoa Crispy Brown Rice | 200 | 1.5 | 3 | 44 | 11 | 1 | 190 | Brown rice |
| Kinnikinnick KinniKrisp Rice Cereal | 100 | 0.4 | 2 | 22 | 1 | 0 | 80 | Whole rice kernels |
| Enjoy Life Crunchy Flax Cereal | 266 | 4 | 9.3 | 56 | 2.7 | 8 | 153 | Whole grain sorghum flour, flax seed |
| Crunchy Rice Cereal | 279 | 1.3 | 5.3 | 63 | 6.7 | 2.7 | 140 | Rice flour, rice bran |
| Glutino Cereal Flakes with Strawberries * | 120 | 0 | 2 | 27 | 9 | 1 | 125 | Corn meal, long grain white rice |
| Frosted Corn & Rice Flakes * | 120 | 0 | 2 | 28 | 11 | 1 | 120 | Corn meal, long grain white rice |
| Corn & Rice Flakes Fortified * | 120 | 0 | 2 | 27 | 8 | 1 | 130 | Corn meal, long grain white rice |

* Enriched with vitamins and minerals ** Sugar: 4 grams = 1 tsp

Data researched and compiled by Alex Crerar, dietetic intern, and Shelley Case, RD, in March/April 2011.

| Cold Cereals (based on 1 cup serving size) | Calories | Fat (grams) | Protein (grams) | Carbohydrates (grams) | ** Sugar (grams) | Fibre (grams) | Sodium (milligrams) | Grains, Flours and Starches |
|--|-----------------|-----------------------|---------------------------|---------------------------------|----------------------------|-------------------------|-------------------------------|--|
| Glutino <i>continued</i> | | | | | | | | |
| Honey Nut Rings Cereal | 240 | 3 | 2 | 52 | 8 | 2 | 240 | Corn flour, corn starch, almond meal |
| Apple Cinnamon Cereal | 240 | 2 | 2 | 52 | 8 | 2 | 240 | Corn flour, corn starch |
| General Mills | | | | | | | | |
| Rice Chex * | 110 | 0.5 | 2 | 24 | 2 | 0 | 260 | Whole grain rice |
| Honey Nut Chex * | 173 | 1.3 | 2.7 | 39 | 13 | 1.3 | 280 | Degermed cornmeal, whole grain corn, corn flour, corn starch |
| GoGo Quinoa | | | | | | | | |
| Quinoa Puffs | 109 | 2 | 3 | 20 | 0 | 3 | 0 | Puffed quinoa |
| Cocoa Quinoa Puffs | 106 | 0.3 | 2.3 | 23 | 1 | 0.4 | 3 | Puffed quinoa |
| Quinoa Crunchies- Original | 75 | 0.1 | 1.6 | 16 | 1 | 0.3 | 6 | Rice flour, quinoa |
| Crunchy Muesli | 119 | 1.3 | 2.6 | 25 | 7 | 1.3 | 3 | Quinoa, rice, amaranth, chia, corn |
| Orgnan | | | | | | | | |
| Rice O's Wild Berry * | 139 | 1.1 | 3.4 | 28 | 3 | 3 | 72 | Brown rice, yellow pea flour, quinoa, psyllium |
| Multigrain Breakfast O's with Quinoa * | 103 | 0.8 | 2.6 | 21 | 3.6 | 3.6 | 66 | Brown rice, yellow pea flour, quinoa, psyllium |
| Itsy Bitsy Cocoa O's * | 121 | 0.7 | 2.1 | 26 | 7 | 7 | 111 | Brown rice, yellow pea flour, quinoa, psyllium |

| Granolas (based on 1/2 cup serving size) | Calories | Fat (grams) | Protein (grams) | Carbohydrates (grams) | ** Sugar (grams) | Fibre (grams) | Sodium (milligrams) | Notes |
|--|-----------------|-----------------------|---------------------------|---------------------------------|----------------------------|-------------------------|-------------------------------|---|
| Glutenfreeda | | | | | | | | Glutenfreeda granolas are made with certified gluten-free oats. Due to Canadian labeling laws, label will not say "Gluten Free." It will say "Wheat-free, made with pure certified oats." |
| Apple Almond Honey Granola | 246 | 8 | 6 | 37 | 10 | 5 | 15 | |
| Cranberry Granola | 246 | 8 | 6 | 38 | 11 | 4.5 | 3 | |
| Raisin Almond Honey Granola | 246 | 8 | 6 | 38 | 11 | 5 | 3 | |
| Enjoy Life Foods | | | | | | | | Enjoy Life granolas are made with brown rice flakes, rice bran and rice crisps. Chocolate Crunch flavor contains inulin (chicory root fibre). |
| Chocolate Crunch Granola * | 190 | 4 | 3 | 36 | 11 | 4 | 40 | |
| Cinnamon Crunch Granola * | 170 | 1.5 | 3 | 35 | 11 | 2 | 10 | |
| Very Berry Crunch Granola * | 180 | 3.5 | 3 | 35 | 9 | 2 | 15 | |
| Bakery on Main | | | | | | | | Bakery on Main granolas are made with corn flour, rice flour, rice bran. |
| Nutty Cranberry Maple Granola | 172 | 7 | 2.6 | 24 | 9 | 2 | 30 | |
| Apple Raisin Walnut Granola | 172 | 8 | 2.6 | 23 | 7 | 2 | 30 | |
| Rainforest Granola | 165 | 8 | 2.6 | 22 | 6 | 1.3 | 30 | |
| Extreme Fruit & Nut Granola | 172 | 8.6 | 2.6 | 22 | 7 | 2 | 30 | |
| Cranberry Orange Cashew Granola | 158 | 7 | 2.6 | 23 | 8 | 1.3 | 24 | |
| NoNuttin' | | | | | | | | NoNuttin' granolas are made with certified gluten-free oats. Due to Canadian labeling laws, label will not say "Gluten Free." It will say "Certified pure uncontaminated oats free of wheat, rye and barley." |
| Vanilla Cinnamon Granola | 153 | 4.5 | 3.8 | 26 | 6.8 | 2.7 | 20 | |
| Vanilla Caramel Granola | 154 | 4.5 | 3.8 | 26 | 6 | 2.8 | 19 | |
| Blueberry Maple Granola | 150 | 3.8 | 3 | 27 | 9 | 2.7 | 18 | |
| Cranberry Apple Granola | 150 | 3.8 | 3 | 26 | 8 | 2.8 | 18 | |

* Enriched with vitamins and minerals ** Sugar: 4 grams = 1 tsp

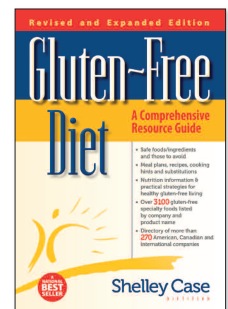
Shelley Case, RD, is an international celiac nutrition expert, consulting dietitian and the author of *Gluten-Free Diet: A Comprehensive Resource Guide* (available online at glutenfreediet.ca).

The Definitive Gluten-Free Guide

Here's what you'll find in the new *Gluten Free Diet*:

- Detailed food and ingredient information
- Creative ideas for meals and snacks
- Gluten-free cooking and recipes with nutritional analysis
- Prevention of cross-contamination
- Nutrition information and practical strategies for healthy gluten-free living
- Tips for eating out
- Latest breaking news about oats, including position statements from organizations around the world ... and references

- New food and GF labeling regulations in the U.S., Canada, Europe and Australia/NZ, as well as the international Codex Alimentarius
- Over 3100 gluten-free specialty products listed by company name, product name and package size
- Directory of more than 270 American, Canadian and international companies divided into 3 categories: manufacturers of GF products, GF bakeries and GF stores & distributors
- Resources - books, cookbooks, magazines, celiac groups around the world and more!



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