



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 on this, 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 fiber and is enriched with nutrients. Check our handy charts to see if your

favorite cereal 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)	Fiber (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 Cereal	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 Cereal	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
Arrowhead Mills Rice Flakes Sweetened Cereal	180	1	3	40	8	1	190	Whole grain brown rice and brown rice flour
Maple Buckwheat Flakes Cereal	170	1	4	35	5	1	190	Whole grain (buckwheat groats, brown rice flour and 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	279	4	9.3	59	2.7	8	160	Whole grain sorghum flour, ground flax seed
Crunchy Rice Cereal	293	1.3	5.3	65	8	2.7	153	Rice flour, rice bran
General Mills Rice Chex *	100	0	2	23	2	1	240	Whole grain rice
Corn Chex *	120	0.5	2	26	3	2	240	Whole grain corn, cornmeal, corn starch, corn flour
Cinnamon Chex *	160	2.7	1.3	33	10.6	<1	239	Whole grain rice
Honey Nut Chex *	160	1.3	2.7	37	12	1.3	266	Whole grain corn, cornmeal, corn flour
Chocolate Chex *	173	3.3	2.7	35	10.6	<1	319	Whole grain rice

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

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

CELIAC EXPERT | SHELLEY CASE

Cold Cereals (based on 1 cup serving size)	Calories	Fat (grams)	Protein (grams)	Carbohydrates (grams)	** Sugar (grams)	Fiber (grams)	Sodium (milligrams)	Grains, Flours and Starches
Orgnan								
Rice O's Wild Berry *	139	1.1	3.4	28	3.0	3.0	72	Brown rice flour, yellow pea flour, millet flour, psyllium
Multigrain Breakfast O's * with Quinoa*	103	0.8	2.6	21	3.6	2.2	66	Brown rice, yellow pea flour, quinoa, psyllium
Itsy Bitsy Cocoa O's *	121	0.7	2.1	26	7	7	111	Brown rice flour, wholegrain sorghum flour, psyllium
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	10	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
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
Barbara's								
Puffins Multi-Grain Cereal	146	0	2.7	33	8	4	106	Corn flour, whole grain brown rice flour, whole grain pure oat flour
Puffins Honey Rice Cereal	160	1.3	2.7	33	8	4	86	Whole grain brown rice flour
Brown Rice Crisps: Fruit Juice Sweetened	120	1	2	25	<1	1	95	Whole grain brown rice

Granolas (based on 1/2 cup serving size)	Calories	Fat (grams)	Protein (grams)	Carbohydrates (grams)	** Sugar (grams)	Fiber (grams)	Sodium (milligrams)	Notes
Glutenfreeda								
Apple Almond Honey Granola	246	8	6	37	10	5	15	Glutenfreeda granolas are made with certified gluten-free oats.
Cranberry Granola	246	8	6	38	11	4.5	3	
Raisin Almond Honey Granola	246	8	6	38	11	5	3	
Enjoy Life Foods								
Chocolate Crunch Granola *	190	4	3	36	11	4	40	Enjoy Life granolas are made with brown rice flakes, rice bran and rice crisps. Chocolate Crunch flavor contains inulin (chicory root fiber).
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								
Fiber Power Triple Berry Granola	250	7	8	43	8	9	55	Bakery on Main granolas are made with certified gluten-free oats.
Fiber Power Cinnamon Raisin Granola	230	6	7	41	9	9	50	
Nutty Cranberry Maple Granola	172	7	2.6	24	9	2	30	Made with corn flour, rice flour, rice bran
Apple Raisin Walnut Granola	172	8	2.6	23	7	2	30	Made with corn flour, rice flour, rice bran
Rainforest Granola	165	8	2.6	22	6	1.3	30	Made with corn flour, rice flour, rice bran
Extreme Fruit & Nut Granola	172	8.6	2.6	22	7	2	30	Made with corn flour, rice flour, rice bran
Cranberry Orange Cashew Granola	158	7	2.6	23	8	1.3	24	Made with corn flour, rice flour, rice bran
NoNuttin'								
Vanilla Cinnamon Granola	153	4.5	3.8	26	6.8	2.7	20	NoNuttin' granolas are made with certified gluten-free oats.
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	
Udi's Gluten Free Foods								
Au Naturel Granola	240	8	6	38	10	6	0	Udi's granolas are made with certified gluten-free oats.
Vanilla Granola	240	10	6	34	10	6	0	
Original Granola	260	10	6	36	10	4	0	

* 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
- 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 GF products listed by company name, product name and package size
- Directory of more than 270 companies in 3 categories: manufacturers of GF products, GF bakeries and GF stores & distributors

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