

## **Gluten: Resources & Support Groups**

### **Celiac Disease Foundation**

13251 Ventura Blvd., Ste. 1  
Studio City, CA 91604-1838  
818-990-2354  
<http://www.celiac.org>

### **Gluten Intolerance Group**

15110 10 Ave. SW, Ste. A  
Seattle, WA 98166-1820  
206-246-6652  
<http://www.gluten.net>

### **LABORATORIES**

BioHealth Diagnostics – a laboratory which tests for gluten intolerance as well as other health problems.  
<http://www.biodia.com>

### **BOOKS**

“Dangerous Grains” by James Braly M.D. and Ron Hoggan M.A  
“Going Against the Grain: How Reducing and Avoiding Grains Can Revitalize your Health” by Melissa Diane Smith  
“The Gluten-free Bible” by Jax Peters Lowell  
“Gluten-free Gourmet” – there are a series of books by Bette Hagman  
“Total Health Program” by Dr. Mercola, D.O.

### **MAGAZINES**

Living Without Magazine - a lifestyle guide for people with allergies and food sensitivities.  
<http://www.livingwithout.com>  
Gluten freeda online cooking magazine - over 50 gluten-free recipes each month. Subscribe online.  
<http://www.glutenfreeda.com>

### **RESOURCES ON GLUTEN FREE FOODS**

Struggling on a gluten-free diet? You are not alone in the quest for gluten-free foods, but you don't need to struggle. Virtually every item that is made with wheat is now commercially produced gluten-free. This includes breads, pastas, waffles, cookies, cakes, crackers. There are also many internet sites that offer a wide variety of information as well as food items to purchase.

### **BAKERIES**

#### **DeLand Bakery & Natural Market**

128 N. Woodland Blvd., Deland, FL 32720  
386-734-7553  
Fax 386-734-0404

Bread made gluten-free and some are yeast-free too. Organic millet flour used. Bread choices include sliced millet zucchini bread, potato millet. Bagels: plain, onion-garlic, cinnamon-raisin. Buns: Cinnamon-Raisin. Flats: great for pizza (shaped like pita breads). These are all incredibly delicious. They will ship directly to your home. Minimum 24 items.

#### **KapCakes**

Gluten Free Bakery  
906 Ilima Way, Palo Alto, CA 94306  
(650) 494-8232  
<http://www.kapcakes.com>

Hanna Kapitulnik is a trained pastry chef who is dedicating her time to making gluten-free pastries. She is excellent! Her website describes what she makes but, if asked, she'll make almost anything you want.

Email: [hkapitulnik@yahoo.com](mailto:hkapitulnik@yahoo.com)

## GROCERY STORES

*Whole Foods, Wild Oats, Raley's*

- **Tinkyada pasta** – a good rice pasta. Try their lasagna noodles too.
- **Pamela's cookies** – just avoid the oatmeal ones, otherwise they are all good. (See web site info below.)
- **Pamela's pancake mix** – truly great. No one will ever suspect they're not the "real" thing.
- **Gluten-free Pantry mixes** such as Chocolate Truffle Brownies, Bread and Muffin mixes.
- **Bob's Red Mill** – gluten-free flour mix. Good for making chicken fingers for kids or as a breading for anything.

## ONLINE SHOPPING

- [www.kinnikinnick.com](http://www.kinnikinnick.com)
- [www.glutenfree.com](http://www.glutenfree.com)
- [www.pamelasproducts.com](http://www.pamelasproducts.com)
- [www.chebe.com](http://www.chebe.com) – the perfect mix to make your own pizza, rolls or breadsticks.
- [www.bobsredmill.com](http://www.bobsredmill.com)
- [www.dietspec.com](http://www.dietspec.com) – provide frozen entrees, pizza, snacks and mixes.
- [www.orgran.com](http://www.orgran.com) – also provides egg and dairy free products.
- [www.ener-g.com](http://www.ener-g.com) – provides gluten free, dairy free, kosher foods.
- [www.mrsleeperspasta.com](http://www.mrsleeperspasta.com) – provides alternative pastas from corn, rice and vegetables.
- [www.madebymona.com](http://www.madebymona.com) – gluten free mixes.
- [www.namastefoods.com](http://www.namastefoods.com) – provides mixes free of gluten, dairy, corn, potato, soy and casein.
- [www.fmspecialtyfoods.com](http://www.fmspecialtyfoods.com) – provides egg free as well as gluten free.
- [www.123glutenfree.com](http://www.123glutenfree.com)
- [www.heartlandsfinest.com](http://www.heartlandsfinest.com) - pasta and bean flours.
- [www.marysgonecrackers.com](http://www.marysgonecrackers.com) – crackers that are gluten free, dairy free, kosher and organic.
- [www.food4celiacs.com](http://www.food4celiacs.com)
- [www.dietaryshoppe.com](http://www.dietaryshoppe.com)
- [www.kariout.com](http://www.kariout.com) – provides packets of gluten free soy sauce for those who miss soy sauce when dining out.
- [www.celiackitchen.com](http://www.celiackitchen.com)
- [www.iansnaturalfoods.com](http://www.iansnaturalfoods.com)
- [www.enjoylifefoods.com](http://www.enjoylifefoods.com) – products which are gluten free plus dairy, peanut, egg and soy free.