



Memorandum

#09-169

TO: Regional Medical Directors for
Health Service Regions 4/5, 6 & 5 South, 9/10 and 11
WIC Local Agency Directors

FROM: Linda Brumble, Unit Manager
Nutrition Education/Clinic Services Unit
Nutrition Services Section

DATE: December 18, 2009

SUBJECT: Gluten Free Cereals

The State Office has received several questions about the WIC-approved gluten free cereals. The gluten free cereals are *General Mills Rice Chex* (12.0 oz.) and *Corn Chex* (14.0 oz.). They only come in the one package size so participants will not need to look for a certain size. The two cereals are pictured on the General Mills *Easy to Be Gluten Free* flyer which is attached to this memo.

You can also download the flyer by going to www.dshs.state.tx.us/wichd/approved_foods/new_foods.shtm, or you can find them on the WIC website by clicking on the following:

- New WIC Food Packages
- Approved Foods
- Gluten Free Flyer, *Easy to Be Gluten Free*

This *Easy to be Gluten Free* flyer must be provided to participants when a gluten free cereal food package is issued so they will know which cereals they can buy. A Spanish version will be available next month.

If you have any questions about the flyer or need additional information about the gluten free food packages, please contact Paula Kanter, Clinical Nutrition Specialist, Nutrition Education/Clinic Services Unit, at 512-342-4574 or paula.kanter@dshs.state.tx.us.

Attachment

Easy to Be Gluten Free!



What Is Gluten?

- **Gluten** is a natural protein found in wheat, barley, rye and oats.
- **Bagels, breads, bulgur, cakes, cereals, cookies, crackers, pasta, pizza, soups, wheat tortillas** and other foods made with wheat, barley, rye and oats have gluten in them too.

One person out of every 133 people in the US has celiac disease.

Why Worry About Gluten?

- Some people have a problem called **celiac disease** and cannot eat foods made with gluten.
- In people with celiac disease, gluten harms the small intestine where foods go after eating and digestion. A hurt small intestine can cause malnourishment.

Celiac disease runs in families. If you have celiac disease, your children and your brothers and sisters may have it too.

- **Eating a gluten free diet** is the best help for people with celiac disease. There is no cure.
- People with a **wheat allergy** must follow a **wheat free** diet, not a gluten free diet. Some people think they are **sensitive to gluten or wheat**. Check with your doctor if gluten or wheat bothers your stomach so you can find out why.

Healthy Eating Without Gluten

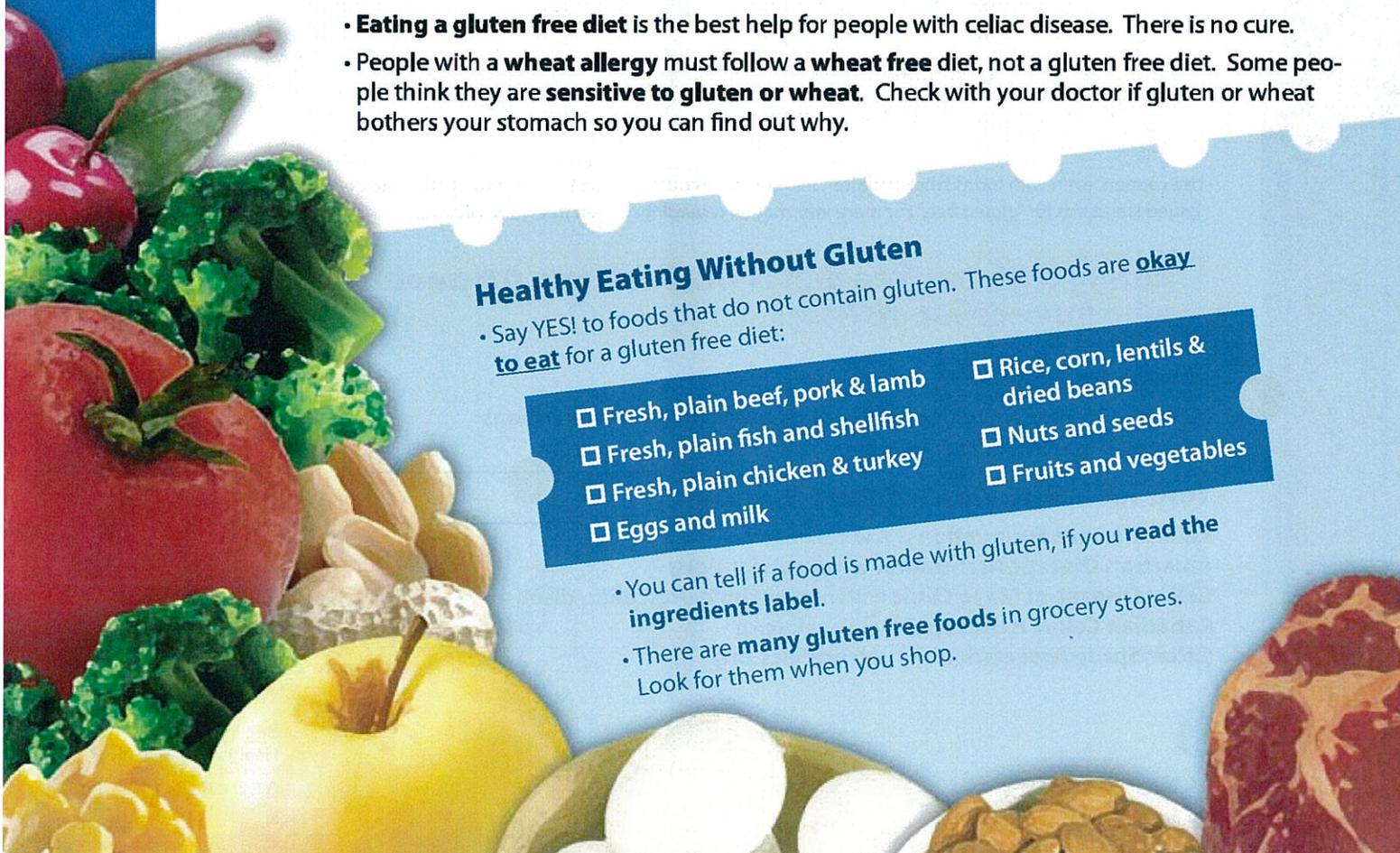
- Say YES! to foods that do not contain gluten. These foods are **okay to eat** for a gluten free diet:

- Fresh, plain beef, pork & lamb
- Fresh, plain fish and shellfish
- Fresh, plain chicken & turkey
- Eggs and milk

- Rice, corn, lentils & dried beans
- Nuts and seeds
- Fruits and vegetables

- You can tell if a food is made with gluten, if you read the **ingredients label**.

- There are **many gluten free foods** in grocery stores. Look for them when you shop.



Wow! You can find more than 2,000 gluten free foods in US grocery stores!

Stay Away From Gluten-containing Foods

• Say NO! to foods that are **made with gluten**. **Do not eat** foods with these ingredients on the label:

- Barley
- Bulgur
- Chapatti flour (atta)
- Couscous
- Dinkel
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Fu
- Gluten, gluten flour
- Graham flour
- Kamut
- Malt (extract, flavoring, syrup, vinegar)
- Matzo (meal, farfel, flour)
- Oats and Oat (bran, syrup)*
- Orzo
- Rye
- Seitan
- Semolina
- Spelt
- Triticale
- Wheat (bran, flour, germ, gluten, starch)

* Some people with celiac disease can eat oats. Your doctor or dietitian can tell you if this is right for you.

Read the ingredients label carefully to find out if a food is made with gluten.

Read Labels

Watch out for foods that **may have gluten** in them. These ingredients may contain gluten:

- Seasoned or flavored beans or refried beans
- Flavorings
- Hydrolyzed vegetable protein
- Marinades and soy sauce
- Modified food starch
- Salad dressings and soups
- Sauces and seasonings
- Seasoned rice mixes

• Use caution, even with foods labeled "gluten free." In some countries, like the U.S. and Canada the government has issued standards for "gluten free." For more information regarding "gluten free" foods contact manufacturers.

Eating a gluten free diet is the best help for people who have celiac disease!

For More Help

• Check with your WIC office, doctor or dietitian, if you have questions or need help with celiac disease.

Your local WIC Office Phone Number:

Celiac Disease Foundation www.celiac.org

American Dietetic Association www.eatright.org

Celiac Disease at Mayo Clinic www.mayoclinic.org/celiac-disease

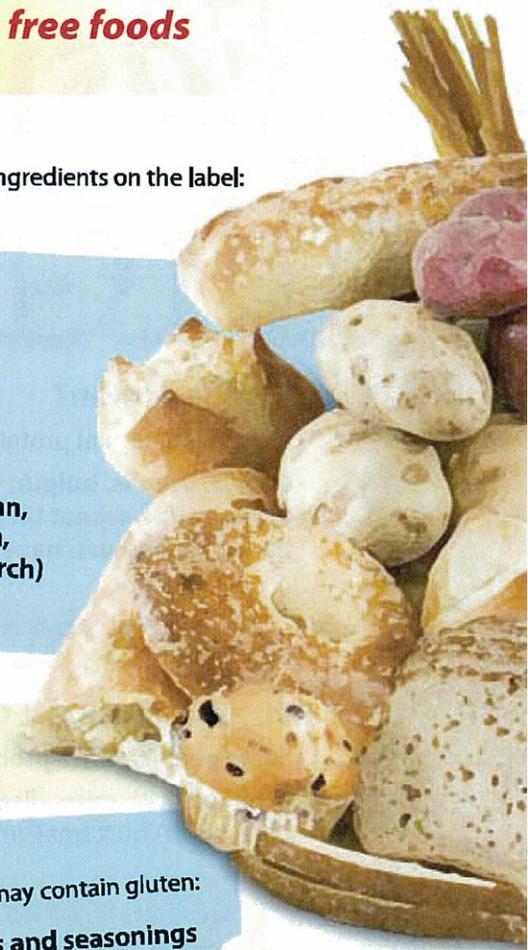
Canadian Celiac Association www.celiac.ca

Celiac Sprue Association www.csaceliacs.org



GENERAL MILLS

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Brought to you by Rice Chex® and Corn Chex®, gluten free cereals.

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