

Gluten-Free Frequently Asked Questions

Q: Are oats gluten-free?

A: Although oats are naturally gluten-free, the protein in oats is similar to that in other grains that contain gluten, and as such, some particularly sensitive individuals may not be able to consume them safely. Furthermore, oats can often be cross-contaminated with gluten if they are grown in a field next to another grain that contains gluten, or are rolled in flour that contains gluten when making the oats into cereal, oatmeal, cookies, etc. Therefore, it is essential to look for certified gluten-free oats, such as those manufactured by Bob's Red Mill, to be safe.

Q: What about modified food starch?

A: This is usually a corn product made in the US, so it should be gluten-free. To be sure, you should still check with the manufacturer.

Q: What about bulk items – can I purchase them?

A: We can't control contamination in bulk items so we can never state that they are gluten-free.

Q: What about buckwheat?

A: Buckwheat is a grass so it is gluten-free. But buckwheat is typically mixed with other grains so check to make sure it says gluten-free.

Q: What about quinoa?

A: Quinoa is gluten-free, easy to digest, and has a great nutritional profile. It contains a balanced set of essential amino acids for humans, making it an unusually complete protein source among plant foods. As a whole grain, Quinoa is a good source of dietary fiber and low in its glycemic index. It also contains phosphorus and high amounts of magnesium and iron. Finally, it is an alkaline food, making it a wonderful addition to a balanced diet.

Q: I heard all soy sauces are not gluten-free. Is that true?

A: We carry Tamari and one private label soy sauce that are free of gluten, but 95% of soy sauces are brewed with wheat, so they are not gluten-free. Bragg Liquid Aminos is a good substitute to get the same flavor and add other nutrients to your diet. Check with your local store to make sure that you purchase the correct private label item.