

Identifying Gluten-Free Foods

in the Child and Adult Care Food Program (CACFP)

What is Gluten?

Gluten is a protein found in some grains such as wheat, barley, rye and malt. Children with celiac disease or a gluten intolerance cannot eat foods containing gluten. Gluten causes damage to the lining of the small intestine in individuals with celiac disease.



How do I know if a food contains gluten?

1. Check the Ingredient statement.

Avoid foods that contain wheat, rye, barley and malt. Other gluten-containing ingredients to look for include durum, graham flour, hydrolyzed wheat protein, modified wheat starch, semolina and malt extract or syrup, among others.

Quick tip: Ingredients can change over time so check the label for gluten-containing ingredients every time you buy a product. You can also contact the manufacturer to confirm.

Ingredients: Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Sunflower Oil, Honey, Baking Soda, Salt, Dextrose, Trisodium Phosphate, Natural Flavor.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), Vitamin B₂ (riboflavin), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

CONTAINS WHEAT INGREDIENTS.

WHOLE GRAIN CORN, DEGERMED CORN MEAL, PEANUT BUTTER (PEANUTS, SUGAR, MONOGLYCERIDES, SALT), SUGAR, CORN STARCH, SALT, HIGH MONOUNSATURATED CANOLA, CANOLA AND/OR HIGH MONOUNSATURATED SUNFLOWER OIL, CALCIUM CARBONATE, CORN FLOUR, BAKING SODA, TOCOPHEROLS, NATURAL FLAVOUR

VITAMINS & MINERALS: IRON, NIACINAMIDE (VITAMIN B3), CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLATE. CONTAINS PEANUT INGREDIENTS.

Ingredients: Whole Oats, Corn Starch, Salt, Tripotassium Phosphate, Tocopherols, Preservatives, Vitamin E, Calcium, Zinc, Vitamin A B Vitamin

Ingredients: Whole Oats, Corn Starch, Salt, Tripotassium Phosphate

Some oats are not gluten free.

Check for a gluten free label or contact the manufacturer to confirm.



2. Look for foods labeled as gluten free.

Only foods that meet the Food & Drug Administration's definition for gluten free can be labeled as gluten free.

Quick tip: Wheat free does not mean gluten free.



bell institute
OF HEALTH & NUTRITION
General Mills

3. Know which foods commonly contain gluten.

Many common foods such as breads, breaded meats, cakes, cereals, cookies, crackers, pasta and pizza often contain gluten. Other foods that may contain gluten but are not as obvious include taco seasoning, soy sauce, salad dressing or even hot dogs and deli meats. **That's why it is so important to check the ingredients!**

Are there whole grains that are also gluten free?

Serving at least one of the grain requirements as whole grain-rich is still doable for a gluten-free diet! Whole grains that do not naturally contain gluten include whole grain-rich corn, brown rice, some oats and other grains that are less commonly eaten like sorghum, teff and quinoa.

Foods Generally Gluten Free:

- Plain beef, pork, lamb
- Plain chicken and turkey
- Plain fish and shellfish
- Plain fruits and vegetables
- Plain beans
- Some yogurts
- Eggs and Milk
- Nuts and Seeds

General Mills Gluten-Free CACFP Eligible Products Include:

Cinnamon Chex™	Cheerios™ Veggie Blends
Blueberry Chex™	Multi Grain Cheerios™
Corn Chex™	Cheerios™
Rice Chex™	

Pail Mix

PREP TIME - 5 MINUTES

5 SERVINGS

Ingredients

- Cheerios™ - 1 cup
- Multi Grain Cheerios™ - 1 cup
- Cheerios™ Veggie Blends - 1 cup
- Corn Chex™ - 1 cup
- Rice Chex™ - 1 cup

Directions

1. Combine cereals and serve in individual "pails" or cups.

Tip: Add sunflower seeds, popcorn, and/or dried fruit pieces to create a variety of Pail Mixes!



For more gluten-free recipes, check out:

GeneralMillsFoodservice.com | Chex.com | Cheerios.com | BettyCrocker.com



bell institute
OF HEALTH & NUTRITION
General Mills