

Enriching the Gluten Free Diet

Iron and some of the B vitamins are frequently lost during food processing, so some manufacturers add them back or “enrich” their products. Several manufacturers of gluten free foods are now enriching some of their products too:

Glutino – (www.glutino.com)
Enjoy Life Foods – (www.enjoylifefoods.com)
Kinnikinnick Foods – (www.kinnikinnick.com)
Ener-g Foods – (www.ener-g.com)
Perky’s Natural Foods – (www.perkysnaturalfoods.com)
Maple Grove Foods – (www.maplegrovefoods.com)
Ensure/Pediasure – (www.ross.com)
CIB (all powders except chocolate malt) – (www.nestle-nutrition.com)

You can also find these nutrients in the following foods:

Thiamine (B1) - pork, liver, whole GF grains, legumes, blackstrap molasses

Riboflavin (B2) - dairy, fish, liver, eggs, greens, almonds

Niacin (B3) - liver, poultry, fish, peanuts, almonds, beets

Folic acid (folate) - liver, spinach, legumes, OJ, tomato juice

Iron - liver, meat, legumes, spinach

Gluten Free Vitamins:

Solgar
Carlson
Country Life
Pioneer (Adult/Child)
Freeda (Adult/Child)
Schiff Children’s
Yummi Bears



Alternative grains are naturally high in these vitamins and minerals!

Quinoa
Millet
Sorghum
Teff
Oatmeal
Amaranth



SAINT BARNABAS
HEALTH CARE SYSTEM

The Kogan Celiac Center

