



Gluten Free Oats

Many of you already know that Bob's Red Mill is leading the way in safe and delicious Gluten Free Products. You may have heard that we have some of the strictest lab testing in the nation, but you'll probably be surprised to find out the real lengths we go to ensure that our products are certifiably gluten free.

Oats in particular, used to be completely off the list of foods that people on gluten free diets could enjoy. While oats are a naturally gluten free food, most oats are traditionally grown in the same fields and areas as wheat, barley or rye. Being so close to these gluten containing foods, they often get contaminated during their harvest, processing, or transport.

When we decided to make Gluten Free Oat products available, we needed to find a way to make sure we eliminated any cross contamination that might happen before the oats got to us at the Mill.

This is why Bob's Red Mill sought out a group of over 200 farmers in an isolated valley in Saskatchewan. This amazing group of farmers agreed to grow oats for the Company on dedicated farms in fields that have had no gluten products grown for at least 3 years. Because no gluten containing products are grown nearby, we can safely bring the oats to our facility as Gluten Free.

But we don't rest there! Each farm delivery is sampled hundreds of times and tested with an R5 ELISA gluten test to ensure the absence of gluten. Advanced color-sorting removes undetected impurities, while roasting enhances that wholesome, robust flavor you expect. The oats are then packaged in our new 100% gluten free facility and tested for gluten again to ensure their purity.

Eating oats is an excellent way for gluten-free dieters to add fiber and iron back into their diet, as well as a variety of other great nutrients. According to the American Dietetic Association, oatmeal, oat bran and whole oat products are some of the best sources of soluble fiber, which helps reduce total cholesterol along with LDL or "bad" cholesterol.

In addition to reducing the risk of heart disease, oat fiber can help control blood sugar, too. That's why it's been added to so many different breakfast cereals, muffins and other foods. Celiacs can finally add something back in to their diet instead of eliminating yet another favorite food!

BOB'S RED MILL NATURAL FOODS, INC.

Manufacturers of

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