



Why It's Okay to Eat Oats Again...And Why You Should

Mmm...oatmeal cookies, granola, muffins, and hot oatmeal for breakfast! These and other popular treats – which have been off-limits for those with celiac disease – have returned to the menu, thanks to a handful of dedicated farmers and food manufacturers.

Historically, oats were not allowed on the gluten-free diet (GF diet) although they are inherently gluten free. They were believed to trigger the same toxic reaction in the small intestine as wheat, rye, triticale, spelt, kamut and barley. However, new studies from Europe and the U.S. reveal that consumption of gluten-free oats is safe for the majority of children and adults with celiac disease.

Most commercial oat products on the market have cross-contact with gluten containing grains, which occur during harvesting, transportation, storage, milling, processing and packaging. Bob's Red Mill has solved this problem by sourcing its oats from more than 200 pedigree-seed oat farmers dedicated to growing gluten-free oats, and then subjecting the oats to a rigorous testing process. The company uses the R5 ELISA standards to ensure the oats do not exceed 20PPM gluten content.

Bob's Red Mill Natural Foods is among the few specialty companies in North America and Europe that now provides gluten-free oat products. Bob's Red Mill is selling Gluten Free Rolled Oats and Gluten Free Steel Cut Oats and they are the first company to offer pure oats on a national retail level.

Bob's Red Mill's introduction of gluten-free oats means another excellent addition to a celiac's repertoire of enjoyable and healthy products. A celiac's diet relies heavily on white rice flour, tapioca flour, potato starch, and more. While these are safe flours for a gluten-free diet, they don't provide a balance of nutrients. 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 breakfast cereals, muffins and other foods. In addition, oats are a favorite breakfast tradition, and are a great ingredient when baking and cooking. 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

Natural Stone Ground Whole Grain Flours • Cereals • Meals • Bulk Grains • Seeds • Beans

13521 S.E. Pheasant Court • Milwaukie, OR 97222 • (503) 654-3215 • FAX: (503) 653-1339 • www.bobsredmill.com