



Living Without Gluten

Avoiding Gluten in the Diet

Lately, the awareness of gluten has been on the rise as more people are becoming interested in consuming foods without gluten. But what is gluten? And should it be avoided in the diet?

Gluten is the name for the proteins (also called prolamins) found in wheat, rye and barley. Normally, these proteins are easily digested and absorbed - but for those who are diagnosed with celiac disease, or for those who have gluten sensitivities - they should be avoided.

Celiac disease is a genetic autoimmune disease where the immune system perceives gluten as harmful. When wheat, rye and barley (and sometimes oats) are eaten, they trigger an immune response that damages the lining of the small intestine, and subsequently restricts its ability to absorb nutrients.

Some of the symptoms of celiac disease include weight loss, diarrhea, fatigue, vitamin and mineral deficiencies, and osteoporosis. A skin rash, called Dermatitis Herpetiformis, can also develop.

Oats have been shown to be safe for consumption by people with celiac.

However, they are often processed on the same equipment as wheat, rye or barley, and therefore, become contaminated with gluten and are unsafe.

Replace the Grains, Keep the Nutrients

Enriched grains provide a substantial amount of iron and B vitamins in the diet. When replacing these grains, *enriched* or *whole grain* gluten-free products may be chosen as a substitute; or some may choose to eat more buckwheat, quinoa, or any of the grains shown in the table below.

Rice (all forms)	Nut Flours	Potato
Buckwheat	Bean	Soy
Quinoa	Arrowroot	Tapioca
Millet	Corn	Amaranth
	Teff	

Gluten-Free Grain Products

Other Foods Safe to Eat

There are plenty of other non-grain foods that do not contain gluten. Fruits, vegetables, dairy products, beef, poultry, fish, nuts and eggs are all safe to eat and an important part of a nutrient-rich diet.

What to Look For On the Food Label



Pay attention to the food labels and read the ingredient statements. If the following items are found in the ingredients, it means that wheat, and

therefore gluten, is in the product:

Bromated flour, bulgur, durum flour, enriched flour, farina flour, gluten flour, graham flour, phosphate flour, plain flour, self-rising flour, semolina, white flour.

Before beginning a gluten-free diet, it is advisable to consult a physician to ensure healthy outcomes.

For more information on celiac disease, visit the Celiac Disease Foundation website at www.celiac.org.

If you are avoiding gluten, try one of these delicious meal options - only at Wendy's®:

BLT Cobb Salad with a Chocolate Frosty™

OR

Sour Cream & Chives Baked Potato with a Chili and Wild Berry Tea

See the following page for a complete list of Wendy's menu items without gluten

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Menu Items that do not Contain Gluten

(No Wheat, Barley, Rye, or Oats)

Ingredient information is based on standard product formulations. Variations may occur due to differences in suppliers, ingredient substitutions, recipe revisions, product assembly at the restaurant level, and/or the season of the year. Certain menu items may not be available at all locations. Temporary products are not included. This information is effective as of **April 2012**.

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Wendy's International, Inc., Consumer Relations Department, One Dave Thomas Boulevard, Dublin, OH 43017-0256, 614-764-3100.

FROSTY™

Caramel Apple Frosty Parfait (no granola)
Caramel Frosty Shake
Chocolate Frosty
Chocolate Frosty Shake
Strawberry Frosty Shake
Vanilla Bean Frosty Shake
Vanilla Frosty
Wild Berry Frosty Shake

MEATS

Applewood Smoked Bacon
Hamburger Patty**
Ultimate Chicken Grill Fillet+

SIDES & BAKED POTATOES

Apple Slices
Bacon & Cheese Baked Potato*
Broccoli & Cheese Baked Potato*
Cheese Baked Potato*
Chili
Chili & Cheese Baked Potato*
Plain Baked Potato
Sour Cream & Chives Baked Potato

SALADS & DRESSINGS

Apple Pecan Chicken Salad (no pecans)
Avocado Ranch Dressing
Baja Salad
BLT Cobb Salad
Caesar Side Salad (no croutons)
Classic Ranch Dressing
Creamy Red Jalapeno Dressing
Fat Free French Dressing*
Garden Side Salad (no croutons)
Italian Vinaigrette Dressing*
Lemon Garlic Caesar Dressing
Light Classic Ranch Dressing*
Pomegranate Vinaigrette Dressing
Seasoned Tortilla Strips+
Thousand Island Dressing*

BEVERAGES

Barq's® Root Beer*
Coca-Cola®
Coffee
Coffee Creamer
Coke Zero™*
Diet Coke®
Dr Pepper®
Fanta® Orange*
Hi-C® Flashin' Fruit Punch®*
Hot Tea
Iced Tea
Juicy Juice® Apple Juice
Lemonade
Minute Maid® Light Lemonade*
Brewed Sweetened Iced Tea*
Brewed Unsweetened Iced Tea
Pibb Xtra®
Sprite®
TruMoo® Lowfat Chocolate Milk
TruMoo Lowfat White Milk
Wild Berry Tea
Wild Berry Lemonade
Nestlé® Pure Life® Bottled Water*

CONDIMENTS

American Cheese
Buttery Best Spread+
Cheddar Cheese Sauce
Cheddar Cheese, Shredded
Dill Pickles
Honey Mustard Sauce
Heinz® Dip & Squeeze® Ketchup**
Lettuce
Mustard
Mayonnaise**
Natural Asiago Cheese
Monterey Jack
Cheddar & Pepper Jack Cheese Blend
Red Onion
Ranch Sauce
Reduced Fat Sour Cream+
Tomato
Tartar Sauce*
Hot Chili Seasoning
Signature Sauce
Guacamole

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Natural-Cut Fries may be cooked in the same oil as Crispy Chicken Patty, Crispy Chicken Nuggets, Spicy Chicken Nuggets (where available) & Fish Fillets (where available), which contain a wheat allergen.

*Certain menu items may vary from store to store and may not be available at all locations.

**During preparation, item may come in contact with other gluten-containing food items.

+Contains maltodextrin from a corn source.

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