

# Gluten Free Quaker Oats

## Quaker Does Gluten Free

At Quaker, we are passionate about the nutritional powerhouse that is the oat. We also know that for some people, a gluten free diet is important and necessary. That's why we've taken the time and effort to develop a gluten free oatmeal using innovative technologies that adhere to the FDA's quality and safety standards. Look for specially marked gluten free packages.

## A Look at Our Journey to Gluten Free

Oats are inherently gluten free, but may come in contact with wheat, rye and barley at the farm, in storage, or during transportation. With over 140 years of milling experience, our team of experts developed a breakthrough cleaning system to sort and clean oats to ensure that Quaker Gluten Free Oatmeal can be enjoyed and trusted by those leading a gluten free lifestyle. Some specifics on the process for making Quaker Gluten Free Oatmeal:

- Our mechanical and optical sorting system aggressively seeks out and removes gluten-containing grains based on length, density and color in a dedicated cleaning house for gluten free products.
- We implement testing protocols across a variety of checkpoints during the milling process to verify our high-quality oats meet FDA standards while maintaining Quaker's standards for quality, taste, and texture.
- During the milling process, dedicated cutting and flaking equipment is used.
- Any and all ingredients that are added during packaging are validated to be gluten free.
- The packaging line is thoroughly cleaned with a validated procedure to prevent cross-contamination.

## Gluten Free – The Quaker Way

The 2015 Dietary Guidelines recommend Americans make at least half of their grain choices whole grains.<sup>(1)</sup> Many consumers fall short of this goal, but it can be particularly challenging for people with celiac disease, since several whole grains, such as wheat, rye and barley are off limits. Because whole grains supply beneficial nutrients, such as fiber, it is important to incorporate them into a gluten free eating plan to ensure nutrient needs are met.<sup>(2)</sup>

Including inherently nutritious Quaker Gluten Free Oats can help you meet the recommended intake of whole grains and get the nutrition you want to help support good health. We're proud to offer our gluten free oatmeal in Quick 1-Minute Oats and Original and Maple & Brown Sugar Instant Oatmeal. Look for specially marked gluten free packages. Our gluten free oatmeal meets the same nutrition and taste standards as all of our oatmeal products. It is made with 100% whole grain Quaker Oats and is a good source of fiber and other essential vitamins and minerals.

## Quaker Gluten Free Oatmeal is available in stores nationwide as part of the Select Starts line:

- Quaker Gluten Free Quick 1-Minute Oats (18 oz canister)
- Quaker Gluten Free Instant Oatmeal (Original and Maple & Brown Sugar varieties)

## Visit [QuakerOats.com](http://QuakerOats.com) for more information.

\*Look for specially marked gluten free packages



1. U.S. Department of Health and Human Services and U.S. Department of Agriculture. (2015). 2015 – 2020 Dietary Guidelines for Americans. *8th Edition*. Retrieved from <http://health.gov/dietaryguidelines/2015/guidelines/>.

2. Choose My Plate. (2015). Nutrients and Health Benefits. Retrieved from <https://www.choosemyplate.gov/grains-nutrients-health>.