



Gluten-Free and Flavor-Full!

A Quick Guide to Eating Gluten-Free with Zatarain's

What is Celiac Disease?

Celiac disease is an autoimmune disorder triggered by consuming a protein called gluten, which is found in wheat, barley and rye. When a person with celiac disease eats foods containing gluten, the gluten interferes with the absorption of nutrients by damaging a part of the small intestine, which can lead to malnourishment and a host of other health problems.

According to the National Foundation for Celiac Awareness (NFCA), 3 million Americans have celiac disease and, therefore, cannot eat foods that contain any form of gluten. DoIHaveCeliac.org offers a symptoms checklist to discuss with a doctor if there is concern about having celiac disease. The good news is that the gluten-free marketplace is expanding by almost 30% a year, offering gluten-free options for nearly every food.

Jazzing Up a Gluten-Free Diet

For those with celiac disease, or just choosing to follow a gluten-free diet, cooking and shopping for gluten-free meal ideas can be daunting. Zatarain's, the brand serving up authentic New Orleans-Style foods for more than 120 years, offers a wide variety of flavorful gluten-free rice mix options to jazz up mealtime. With Zatarain's, there's no need to sacrifice flavor to suit dietary needs.

Zatarain's offers 19 rice mixes - with more in development - that feature a gluten-free designation on the front of the product packaging, confirming that each rice mix has been formulated as gluten-free and the production systems and processes have been validated to ensure the finished rice mixes are free of gluten. These rice mixes - including favorites like jambalaya, dirty rice and yellow rice - are the same flavorful products people already know and love, but with a gluten-free seal now displayed on the package.

For a complete list of Zatarain's gluten-free rice mixes, visit www.zatarains.com/glutenfree.

Flavorful Gluten-Free Recipes

Zatarain's has partnered with the National Foundation for Celiac Awareness to bring the authentic flavors of New Orleans to a gluten-free lifestyle. Recipes, such as Carnival Jambalaya, Zatarain's Breakfast Casserole and Dirty Rice Burritos, feature only gluten-free ingredients. For more gluten-free recipes you can enjoy during any meal, visit www.celiaccentral.org/zatarainsrecipes.

Contact

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