



Memorie

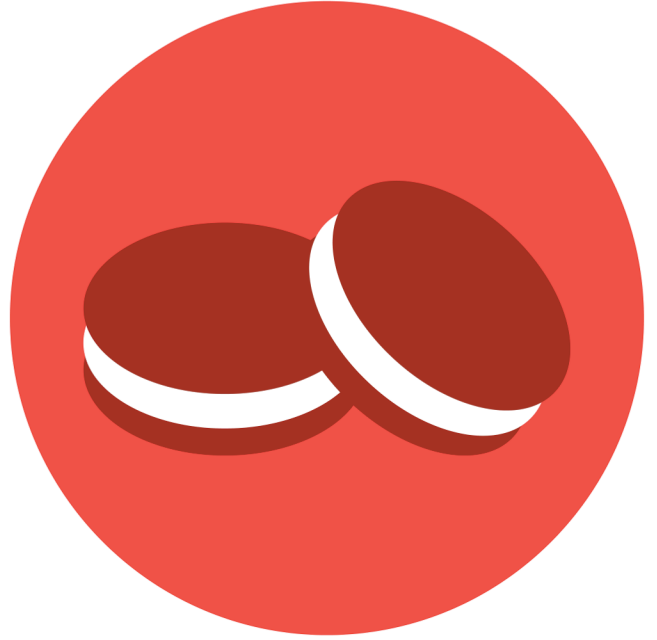
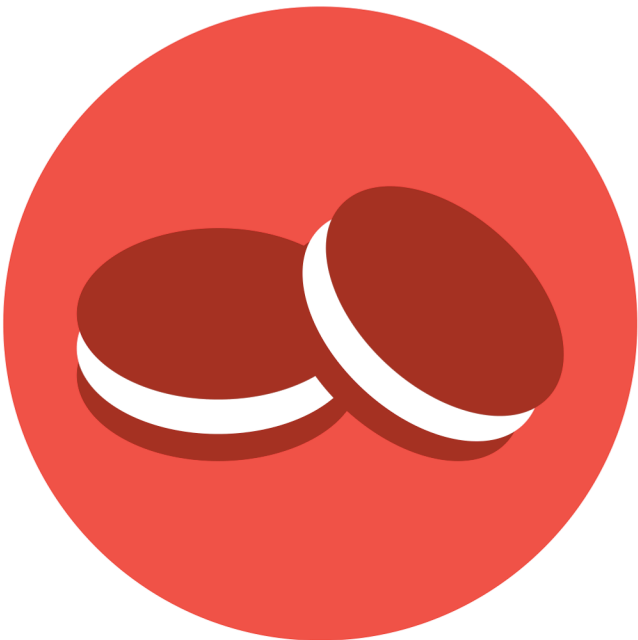
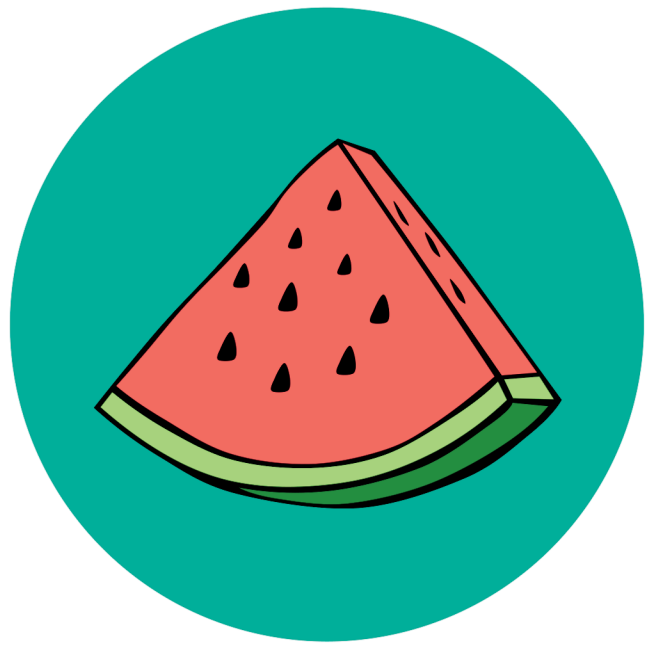
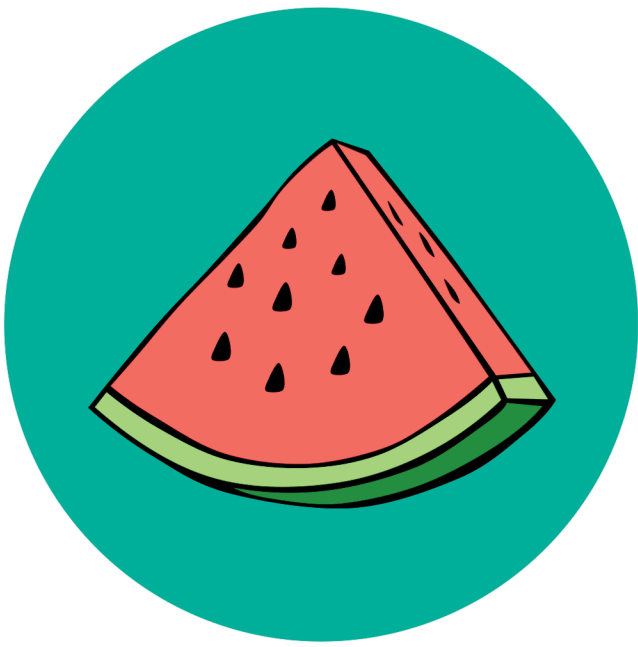


SPEEL NU

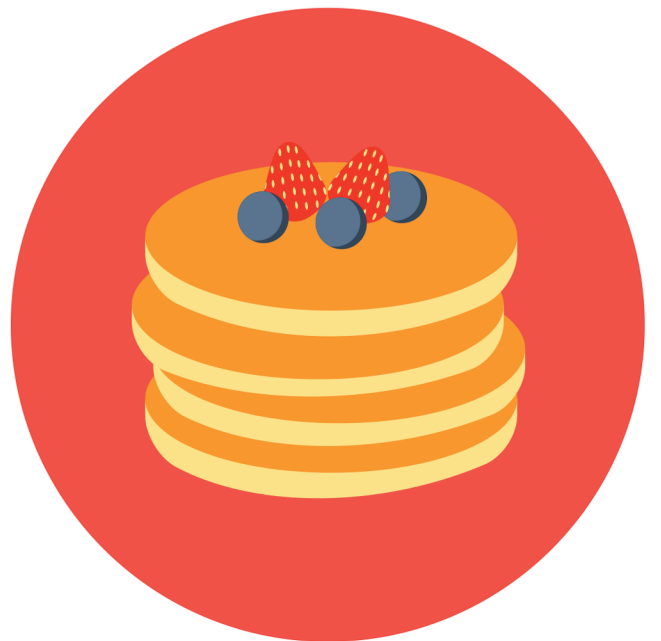
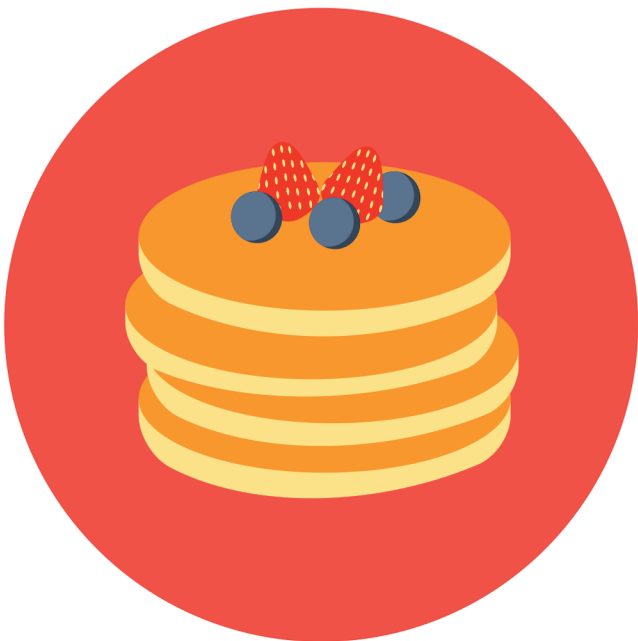
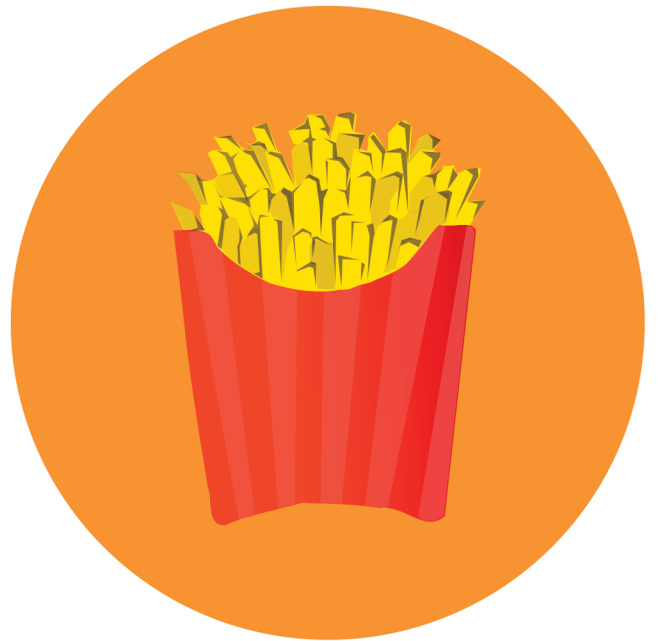
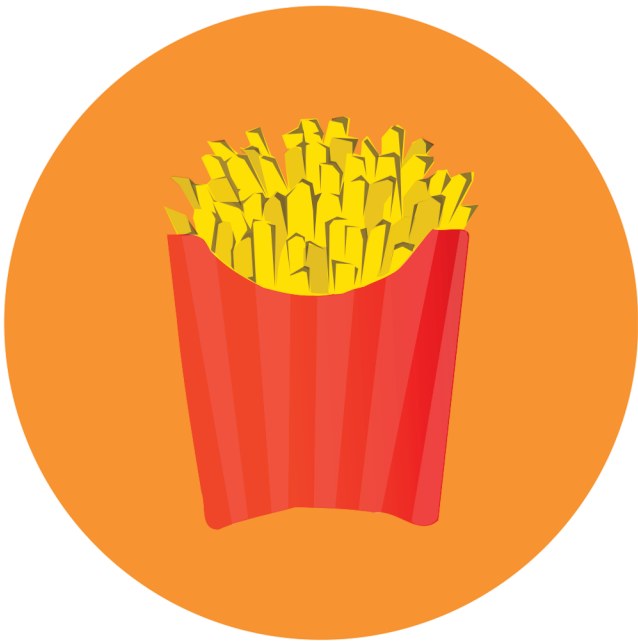


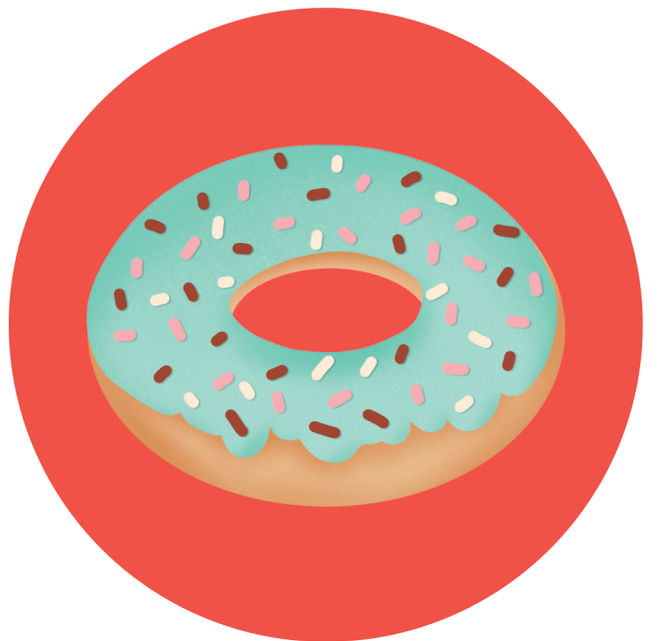
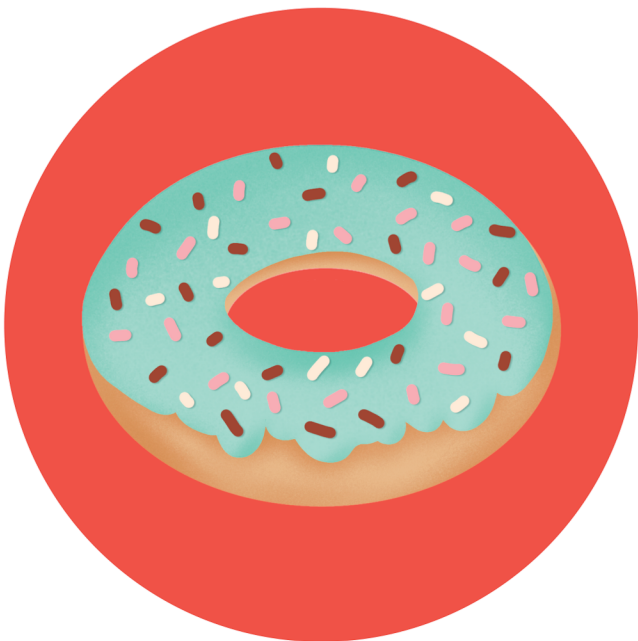
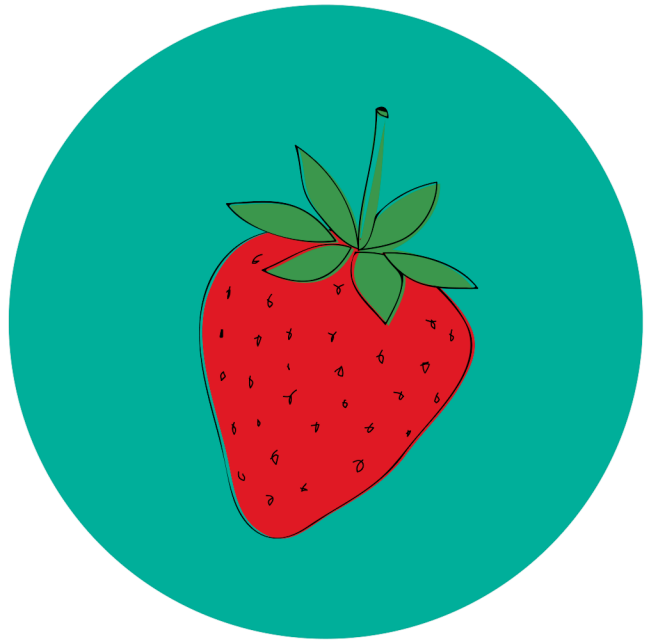
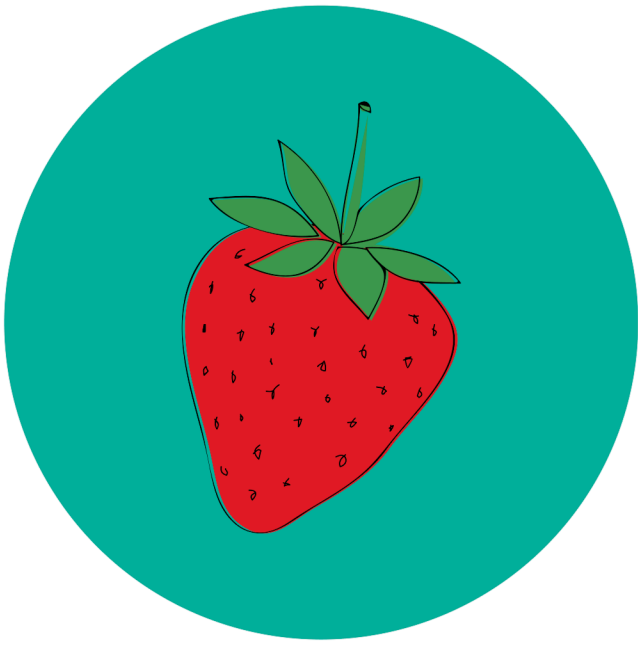
zitten daar gluten in?







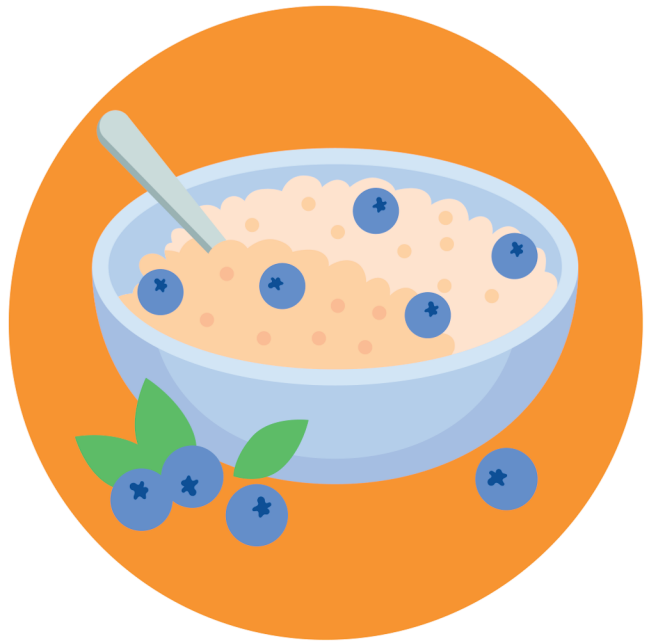
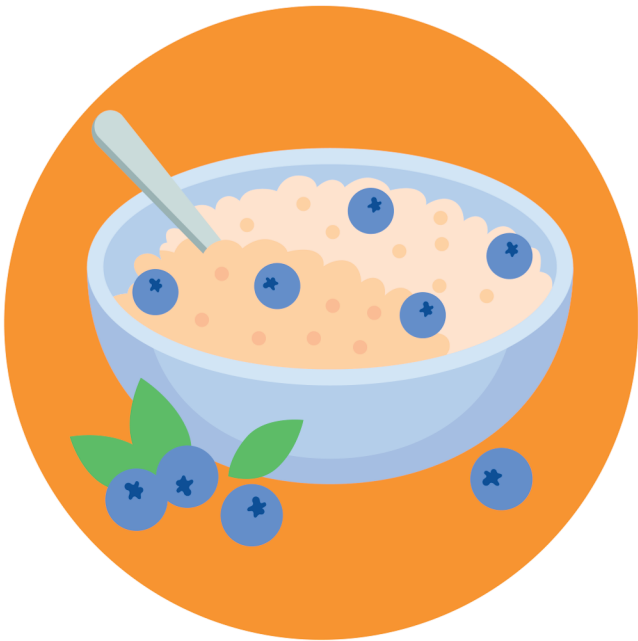






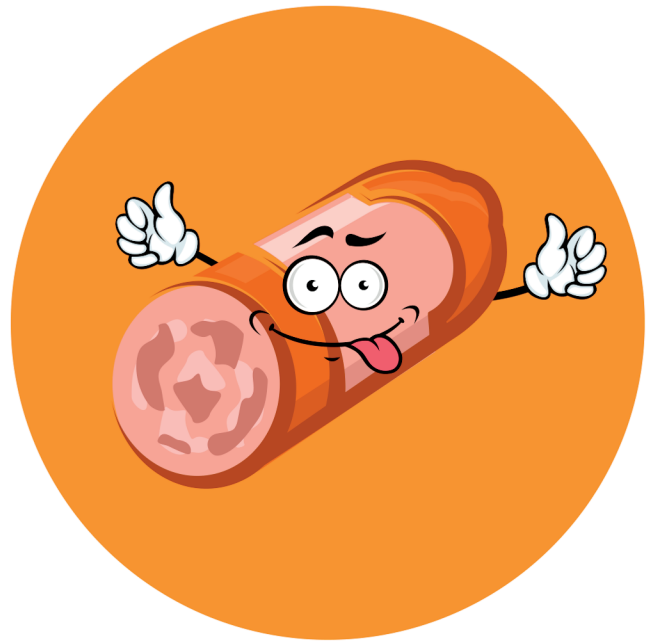
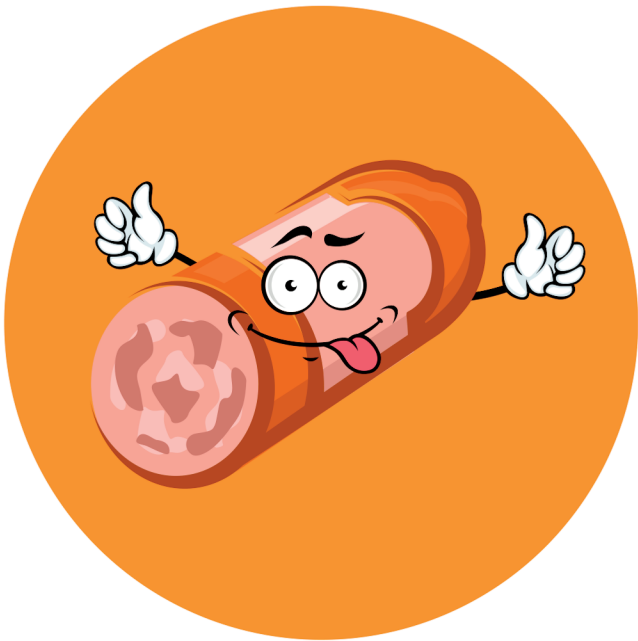
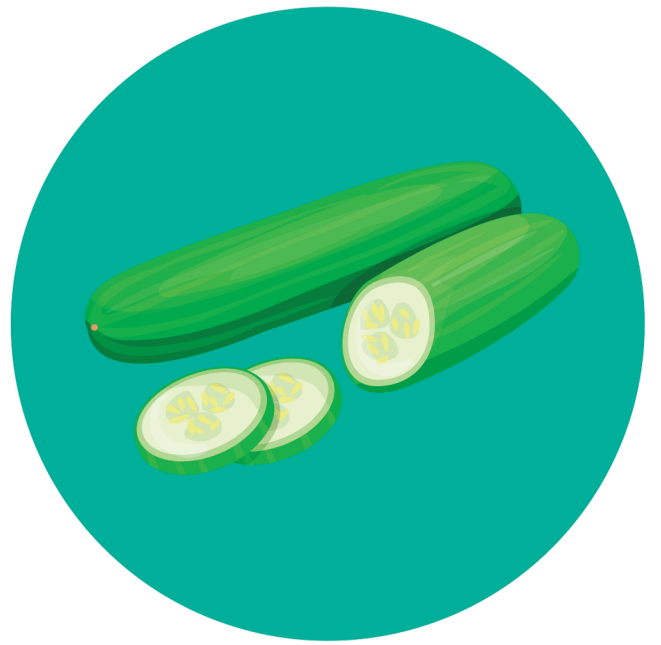
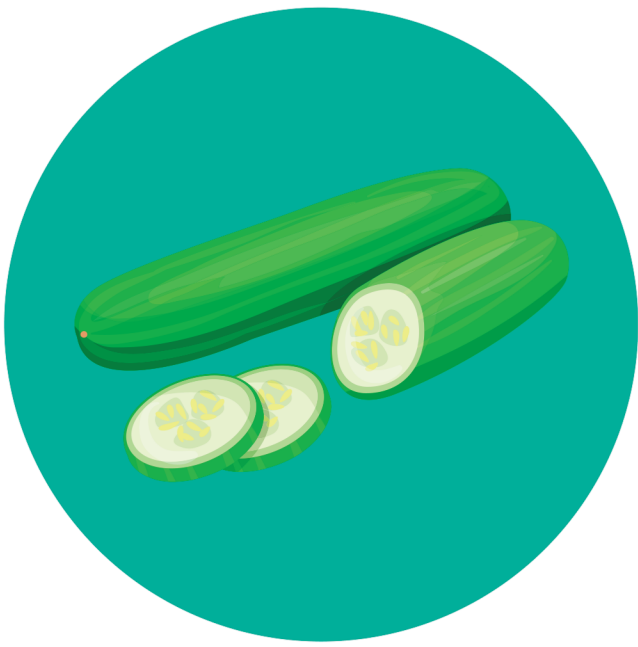














Glutenvrij:

Groente en fruit. Als het uit een pot of blik komt, bekijk dan het etiket voor de zekerheid.

Limonade en verse fruit-/groentesapjes

Koffie en thee let wel op gerstemout(extract)

Eieren

Nederlandse kaas van de koe, schaap en geit

Raketijsje bekijk wel altijd het etiket vanwege verschillende merken.

Knakworstjes bekijk wel altijd het etiket vanwege verschillende merken.

Chips zoals Pom Bär, Nibbit, naturel chips. Tortillachips.

Niet altijd glutenvrij. Heel goed het etiket lezen of navragen.

Snoep

Chocolade

Friet en chips

soepen uit blik

popcorn

vleeswaren

Haver

Toetjes

Kippenpoten

Bak- en braadboter

Ijsjes

Niet glutenvrij, hier zitten van nature glutenbevattende granen in. Veel producten zijn wel glutenvrij beschikbaar.

Brood, pasta, koekjes, pannenkoeken, ijs(hoorntjes), gebak, donuts, croissants, worstenbrood/saucijzenbroodjes, chips

