

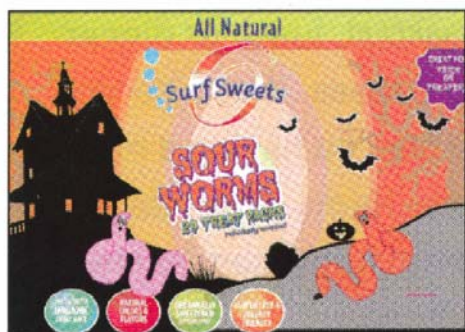
# Gluten-Free LIVING™

**5 GREAT  
WHOLE  
GRAINS**  
**10 Recipes to Try**

**Gluten Found  
in Some  
GF Grains!**

new for you

## Halloween treats and other GF sweets



### Sour Worms another mini Halloween treat

Surf Sweets also has its eye on the Halloween season. The candy company will offer a Sour Worm Halloween Pack at Whole Foods and specialty retailers. Each pack con-

tains 20 snack-size bags that are perfect for trick-or-treaters. While the worm shape and sweet taste will appeal to kids, the ingredients will please parents.

All Surf Sweets products are organically sweetened and are free of gluten, the top eight allergens, corn syrup, artificial flavors and colors, GMOs and synthetic dyes. They are also suitable for class parties since they are processed in an allergen-free facility.

From gummy bears to jelly beans, Surf Sweets makes seven natural and organic candies. As an added bonus, they contain 100 percent of the daily value of vitamin C per serving. Visit the website for fun Halloween recipes, including Mummy Gummy, Witch's Cauldron, and Popcorn Candy Worm Cake.

[surfsweets.com](http://surfsweets.com)

**ADHD:  
Can a GF  
Diet Help?**

**How to  
Figure Out  
Flavoring  
on Labels**

**DIETITIAN'S VIEW  
How to Help You Cope**