

LEADING THE WAY TO A HAPPY, HEALTHY GLUTEN-FREE LIFE

# Gluten-Free LIVING™

## BEST of GFL

UPDATES ON OUR MOST  
POPULAR STORIES

All About  
Oats HOW TO GET  
THEM INTO  
YOUR DIET

**CHEESE,  
PLEASE!**  
It's a great  
GF food

Final  
Answer:  
**VINEGAR  
IS SAFE**

## Can You Eat McDonald's Fries?

INGREDIENTS  
YOU DON'T  
HAVE TO  
**WORRY  
ABOUT**

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## Everything new to eat and read

Although the rest of this issue features updated versions of past stories, everything in New for You is just that—the latest gluten-free products you'll find. This time, we focus on the three meals of the day. Plus who could forget dessert! You'll also find our new regular section on books.



### Onions on a roll

Gillian's Caramelized Onion Rolls are a light roll with a big, sweet onion taste. If onion rolls are something you have missed, these rolls have a fragrant aroma when toasted and pair nicely with butter or cream cheese. The caramelized onion also adds a lot of flavor when the rolls are used for sandwiches. Gillian's also makes cinnamon raisin loafs and French rolls. Gillian's products, ranging from pizza crust to frozen cookie dough, are sold in the freezer section of stores nationwide.

*[gilliansfoods.com](http://gilliansfoods.com)*