



## Helpful Information

### Frequently Asked Questions

#### Processing and Ingredient information

- Are ONLY OATS gluten-free?  
*Yes, all ONLY OATS products are gluten-free. ONLY OATS comply with labeling regulations as set out by the Canadian Food Inspection Agency (CFIA) in Canada and Health Canada.*
- Are ONLY OATS products GMO free?  
*All ONLY OATS oat products are non-GMO while ONLY OATS baking mixes are not.*
- How do you ensure purity on ONLY OATS?  
*ONLY OATS is produced through The AVENA Purity Protocol. The AVENA Purity Protocol is the industry benchmark process consisting of safety, purity and traceability protocols for consistent, superior quality certified gluten-free oats. The AVENA Purity Protocol was developed by AVENA FOODS in 2008 in line with its mission to grow and produce pure, safe and uncontaminated gluten-free oats to the celiac and non-celiac gluten sensitive community.*

*Safety protocols and testing begin before the oats arrive at the AVENA milling facility, confirming seed purity, equipment cleaning, field inspections and transportation procedures. When AVENA FOODS receives oats from its dedicated growers, it tests at both the front end and the back end. At the finished goods end, the product is tested using the industry standard R5 Elisa test to meet the Gluten-Free Certification Organization (GFCO) certification level of 10 parts per million (ppm).*

#### Storage

- What is the best way to store ONLY OATS?  
*It is best to keep them in a cool dry place, generally at room temperature. Refrigeration and freezing is not required.*
- How to I determine the expiry date on ONLY OATS products?  
*The shelf life of ONLY OATS products extends to 18 months from the packaging code stamped on the back of the bag. You will see a date stamp showing a 5-*



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*digit number followed by a capital letter. This is a date based on the "Julian calendar" (i.e. product packaged February 1, 2012 will read 12032X). The first 2 numbers indicate the year (12) and the next 3 show the day of the year (032). February 1st is the 32nd day of the year.*

### Nutrition

- How does the nutritional profile of ONLY OATS Certified Gluten-Free Oat Flour compare with other flour commonly used for gluten-free baking?

Comparison of Celiac Friendly Flours					
Gluten-Free Flour per cup	Oat Flour	White Rice Flour	Tapioca Starch	Potato Starch	Corn Starch
Fiber (g)	11	3.8	0	0	1.2
Protein (g)	17.8	9.4	0	0.2	0.3
Carbohydrates (g)	79	127	119	158	117
Iron (mg)	7.7	0.6	0	2.9	0.6
Calcium (mg)	66	16	0	19	3
Thiamin (mg)	0.8	0.22	0	0	0
Riboflavin (mg)	0.13	0.03	0	0	0

- Does the nutritional information on ONLY OATS bags refer to the ingredient or finished cooked product?

*The Nutrition Facts Table is based on the ingredient, unprepared product.*

### Where to Buy and Packaging

- What stores in my area carry ONLY OATS products?  
*ONLY OATS is available only in Canada. You can easily find ONLY OATS in stores in your area when our store locator becomes available.*



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### Certifications

- What is the Gluten-Free Certification Organization (GFCO)?  
*The Gluten-Free Certification Organization (GFCO) is a program of The Gluten Intolerance Group®. GFCO inspects food for gluten and provides an independent service to supervise gluten-free food production. Consumer identification of gluten-free foods is simplified by the presence of the GF Certification Mark on product labels. This mark is known as the gluten-free standard. The GF logo stands for the independent verification of quality, integrity, and purity of products. GFCO monitors compliance with their strict standards through annual plant inspections and product testing. The GF logo represents unmatched reliability on products that meet strict gluten-free standards to a purity level of less than 10ppm.*
- What is OU (Orthodox Union) Kosher certification?  
*The OU (Orthodox Union) Kosher is the world's largest and most widely recognized Kosher certification agency, certifying more than 500,000 products produced in over 6,000 plants located in 90 countries around the world. For over 80 years, the Orthodox Union has set the bar for the highest standards of kosher certification. The OU, termed a "coveted seal of approval" by The New York Times, is one of the world's best-known trademarks. The quality of products showing the OU symbol is immediately and universally recognized by consumers. All products bearing the OU symbol have passed inspection and meet high quality standards. Certified plants are inspected regularly by Rabbinic representatives to ensure the Kosher program is running smoothly and effectively. Only Oats is OU certified.*

### Growing

Where are the oats used in ONLY OATS grown?

*The oats used by ONLY OATS are from the Canadian prairies grown in the provinces of Manitoba, Saskatchewan and Alberta.*

### Baking

- How can I incorporate ONLY OATS into my baking?  
*ONLY OATS Baking Mixes (Muffins, Pancake or Cookie mixes) are an excellent choice to add to your baking repertoire especially if you are looking for a pure, safe gluten-free alternative or to improve the nutritional profile of your baked goods.*



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- How can I replace wheat flour with gluten-free oat flour?  
*ONLY OATS Certified Gluten-Free OAT FLOUR can replace wheat flour in baking and is especially good in quick breads and cookies. It tends to makes baked goods moister, chewy and a little crumblier. As with all gluten-free baking it sometimes takes a little trial and error to get the baked product just the way you like it. You can try adding xanthan gum, guar gum, gelatin or agar agar (sticky ingredients) to replace gluten and improve the quality and texture of the baked good.*
- Is there a substitute for xanthan gum or guar gum in gluten free baking?  
*Xanthan gum and guar gum are good choices to help replace the gluten in a recipe and aid in binding and thickening ingredients. Gelatin and agar agar can also use to replace gluten.*
- Can ONLY OATS Baking Mixes be made with dairy and egg alternatives?  
*Yes, ONLY OATS Baking Mixes can be prepared with egg or milk alternatives.*