



Gluten-Free Fact Sheet



What is Gluten?

Gluten is a protein naturally found in wheat, rye, barley, and some types of oats.

Why Go Gluten-Free?

There is a growing demand for gluten-free food choices for individuals who are not able to tolerate or properly digest gluten due to health-related conditions such as celiac disease. Others simply go gluten-free as a personal choice.

How do I know Medifast Products are Gluten-Free?

Medifast gluten-free products are certified by the Gluten-Free Certification Organization (GFCO). The GFCO only certifies products that meet the strictest standards for gluten-free products. For more information on the GFCO, visit www.gfco.org.

Which Medifast Products are Gluten-Free?

More than 40 Medifast products have been approved as gluten-free by the GFCO. These items display a special "GF" symbol on the box. See the reverse for a complete list of Medifast's gluten-free options.

Certified Gluten-Free Medifast Meals



Cereal Crunch

- Cinnamon & Brown Sugar
- Mixed Berry



Crunchers

- Cheese Pizza Bites
- BBQ Bites
- Chili Nacho Cheese Puffs
- Parmesan Cheese Puffs



Eggs

- Original Style Eggs with egg whites
- Southwest Style Eggs with egg whites



Extras

- Sugar-Free Syrup
- Unsweetened Lemon Energy Infuser
- Mandarin Orange Energy Infuser



Hearty Choices

- Hearty Vegetarian Sloppy Joe
- Sour Cream & Chive Mashed Potatoes
- Garlic Mashed Potatoes



Hot Drinks

- Cappuccino
- Chai Latte
- Hot Cocoa
- Calorie Burn Cappuccino



Pancakes

- Original
- Chocolate Chip
- Spiced



Pudding

- Chocolate
- Vanilla
- Banana



Quenchers

- Peach Iced Tea
- Raspberry Iced Tea
- Tropical Punch Fruit Drink
- Cranberry Mango Fruit Drink
- Orange Blend



Shakes

- Dutch Chocolate
- French Vanilla
- Strawberry
- Orange Cream
- Banana
- Mocha
- Cherry Pomegranate with Antioxidants
- Dark Chocolate with Antioxidants



Smoothies

- Pineapple Mango
- Triple Berry



Soft Bake

- Blueberry Muffin
- Brownie
- Chocolate Chip



Soft Serve

- Chocolate Mint
- Coffee
- Mango
- Peanut Butter



Soups

- Chicken & Wild Rice
- Maryland Crab
- Tomato Basil Bisque

MAINTENANCE



Thrive by Medifast®

- Salted Caramel Nut Bar
- Dark Chocolate Dream Bar
- Strawberry Yogurt Bar
- Strawberry Banana Smoothie
- Piña Colada Smoothie
- Chocolate Peanut Butter Shake