

Our foods are GLUTEN-FREE and FREE OF THE MOST COMMON ALLERGENS (NO DAIRY, CASEIN, EGGS, WHEAT, CORN, RICE, SOY, OATS or NUTS) and are delicious additions to gluten-free, allergenic, vegetarian, heart healthy and all around health conscious diets. All of our products are amaranth-based so provide lots of fiber, protein with an excellent balance of amino acids, iron and calcium as well as a wide variety of other vitamins and minerals. Our products are free from the most common allergens and our manufacturing facility is free of these allergens as well. NU-WORLD FOODS products contain no wheat, corn, rice, oats, soy, eggs or nuts. In addition, most of our products are also dairy free.