

Chapter 1 : Is Panera Healthy? Carcinogenic Concerns & Pissed GF Vegans

These Panera Bread menu items made without gluten containing ingredients may be just the thing if you're trying to avoid or reduce gluten in your diet. (Valid 9/5//13/) Panera Bread.

You can read more about the perils of non-certified gluten-free oats in this article, [Are Oats Gluten-Free?](#) While these cookies contain gluten-free ingredients, they are baked in the same ovens alongside the gluten-containing cookies and no precautions are taken to avoid cross contamination. These gluten-free cookies are made in the fresh dough facilities alongside all the other gluten-containing items. This is confusing to someone who is gluten-free. [How to Order Gluten-Free at Panera](#) When you order something gluten-free at Panera, make sure you tell the order-taker that you need your dish be gluten-free and that it cannot touch gluten i. Also, ask the person taking your order to insist that the person preparing your food changes his or her gloves before handling your meal. You can ask the server to discuss these precautions with the person preparing your food directly. When I ate at Panera last, the person who took my order walked down to the person preparing my dish, explained what I had to told her, and then he prepared my meal for me. This made me feel good knowing that extra step of caution was taken in making my meal safe. The Nima Sensor is a tool that you can use to test a small portion of your food for gluten exposure. You put a little food inside the gadget and in about three minutes, Nima will tell you if that food contains gluten or not. You can watch me conduct these Nima Sensor tests live on Facebook Live: [Below you can see the final results of my tests here](#) smiley face means no gluten was found, a wheat symbol means Nima found gluten: The Nima Sensor is all smiles when it comes to the Turkey Chili. Vegetarian Creamy Tomato Soup: If you want to get a gluten-free meal at Panera, it is possible with a few cautionary procedures. Always take the time to communicate your needs to your server, carefully review the most current gluten-free menu and realize that some of the items on the menu are not really gluten-free, such as everything with oats in it and test your food with your Nima Sensor to be certain. We live in a gluten-full world, so you must learn to navigate it to the best of your ability. Want a Nima Sensor? If you have celiac disease or a gluten sensitivity i.

Chapter 2 : Dairy Free Guide to Eating at Panera Bread | fck dairy

Panera Bread Gluten-Free Menu Panera Bread might not seem like the best place to go for a gluten-free meal, especially because they do not offer any gluten-free bread. However, they actually have a good amount of gluten-free options on the rest of their menu including soups, salads and some other snacks.

Facebook Twitter Lately, you probably have noticed the increased amount of commercials Panera Bread has been running. As a celiac, you probably want to fill up on more than just a salad. A kale Caesar or seasonal greens salad may be healthy, but not satisfying. Sure, the Vegetarian Autumn Squash soup and turkey chili are filling gluten free options, but it seems you can find a GF soup almost anywhere. Is Panera soup bad for you? All of their soups are sodium bombs which clock in at over 1, mg per serving. The only exception is the Vegetarian Creamy Tomato, which is just shy of that at mg. The worst is the very popular Bistro French Onion, with a heart-blasting 1, mg of sodium. If you insist on soup, we would recommend you order the size for kids. Some of the nutrition facts about their sandwiches will absolutely shock you. Similar to the celiacs, those on plant-based diets are also fed up with the limited food options. Are Panera Bread bagels vegan? It should work for most, but by the strictest definition of vegan it might not. Many of the bagel flavors, including the plain, contain sugar or brown sugar. Are their smoothies vegan? The Green Passion Power and Carrot Pineapple Power smoothies are, but the others make use of milk or dairy ingredients. Whether or not its the healthiest smoothie is debatable. Here are the ingredients of Green Passion Power smoothie: What comes before it are a bunch sugary fruits. The one other choice you have for a dairy free is the Carrot Pineapple Power smoothie. Here are those ingredients: The turmeric and ginger in there is good for you, but the first ingredient listed is water. The second is carrot. For the light eaters on a plant-based diet, a hearty bagel sandwich topped with veggies might fill them up. Would that be protein-rich? To the best of our knowledge, lentil patties or tempeh to put on it are not an option. Now the most challenging will be a Panera gluten free vegan meal as in, both of those dietary restrictions at the same time. Being only calories a piece is great for a side, but not an entree. There has been talk of them testing out gluten free bread in select markets, but until they come out with vegan GF bread nationwide, their menu options seems to be less-than-ideal for celiacs and plant-based eaters. To be honest, Taco Bell is probably a better bet for vegans. Their menu does have a few things like organic juice, milk cartons, and yogurt. But when it comes to food like their vegetarian chili or chicken, not so much. While they have removed or committed to remove many artificial colors and flavors, Panera still make use of GMO ingredients in their menu. They have not removed GMOs. Under the FAQ on their website, here is their policy or statement about them: However, we are longtime advocates for and a leader in menu transparency, and we will continue to engage experts and discuss GMO labeling as a company. This is America and you can always vote with your dollar. For that reason, we might actually have more respect for KFC. Yeah, their food is a total disaster. Some here at Superfoodly have not ate a bite from there in literally more than a quarter century. But at least KFC is not trying to create the impression their food is super healthy and exceptionally natural. Their marketing matches their food more accurately, at least in our opinion. Criticisms aside, it is true that Panera is a step above fast food and many other fast casual eateries. It goes without saying that many items on their menu are healthier for you than a typical burger and fries combo meal. There is a potential Achilles heel of the Panera menu. The good news is you can largely avoid it, if you order strategically. The bad news is that most people are completely unaware of a concerning compound which is created when carbohydrate-rich foods are cooked using certain methods. Especially the cooking methods which create intensely-focused drying heat, leading to those dark brown and black marks. Like a panini press. That rating stems from industrial exposure – think factory workers being exposed to acrylamide. Diet aside, tobacco smoke is the other common way people are exposed to it. The website for that EPIC study says this 4: Evidence from human studies that dietary exposure to acrylamide causes cancer is currently limited and inconclusive. There is plenty of evidence in animal models showing the harmful effects acrylamide can have on them. When it comes to exposure in human food, this is a much newer topic than industrial exposure. Does acrylamide in food – such as in a panini sandwich – cause cancer? There is not yet proof that it does.

While it seems unlikely based on the evidence, it is at least possible that the levels in food might not be high enough to cause a statistically significant increased cancer risk in humans. Cancers are generally slow to form. For example with pancreatic cancer, it takes an estimated 30 years. Some may form faster, while others are even slower. Brain cancer is estimated to be up to 30 years. Some have even said until there are more long term and well-designed human studies, this compound in food will remain highly controversial. The bottom line is that there actually appears to be more compelling evidence to suggest that acrylamide is dangerous relative to the more talked about dietary concerns. Evidence against GMOs and the trace amounts of pesticides in non-organic food is weaker. Freshen up your knowledge about pesticide half-lives to better understand organic foods. For that reason, you should also check out the list of lowest acrylamide coffee, based on actual measurements. Given its smoked Gouda cheese layered over sliced turkey breast and applewood-smoked bacon, the mg of cholesterol and 11 grams of saturated fat is no surprise. That one aspect reduces acrylamide big time. Wood-fired ovens often go hand in hand with black bottom pizzas. The good news is that at Panera, all it takes is one simple request to make that flatbread, baguette, or hoagie roll healthier. Order it not pressed. Or switch it out for their delicious freshly sliced rye or honey wheat. In our book, the healthiest bread at Panera will be anything other than their panini pressed or toasted versions. While not ideal, we would even prefer the plain white bread over those. And why do you even need intentionally added burn marks anyway? Their bread is already delicious as-is! There are 3 salads, 2 bowls of soup, and cookies to eat. Not only is it our top choice among the salads, but we think this is the best thing to get at Panera. We appreciate that they use both white and red quinoa. If you order it without feta, it would be vegan and gluten free. For an actual meal, we vote this as the healthiest option on the menu, as well as the best tasting. The sodium bombs The Classic Grilled Cheese is a double whammy. But even setting that aside, it has 1, mg of sodium! The smaller one on the Panera kids menu is still 1, A max of 1, mg per day is what the American Heart Association recommends for optimal health. Sometimes these perceptions are correct, but not always. Not much when it comes to their sandwiches. These are the only two that have mg or less: Plum Ginger Hibiscus Tea We drink a lot of water at restaurants. Going back to the topic of sodium, did you know that there have been at least two randomized, double-blind, and controlled trials involving hibiscus, whose results suggested that it might benefit blood pressure? Hot cocoa In defense of Panera, their espresso and hot drinks are not any worse than what you will find at Starbucks or other coffee shops. Still, do you really need the calories and 84 grams of carbs in this mug of hot chocolate? Yes, their chocolate chip marshmallows are something unique. Carrageenan is listed not once, but twice in the ingredient list for the Signature Hot Chocolate. There is also sorbitan monostearate. Are those bad for you? No, at least not in the amounts approved for food.

Chapter 3 : Panera Nutrition Facts

*Panera's Gluten Free Menu **Note: Although we do our very best to meet your special requirements, we cannot rule out the possibility of cross contact between these items and gluten-containing foods in our bakery-cafe.***

Chapter 4 : Panera Bread at W Division Street St. Cloud, MN | bread, soup, salad, coffee, dessert

"Is the Panera Gluten-Free Menu Really Gluten-Free?" contains affiliate links. You may be wondering if it's safe to eat at Panera Bread if you have celiac disease, a gluten sensitivity, or cannot eat gluten for other health reasons.

Chapter 5 : Dairy Free | Panera at Home

Panera Bread "Secret Menu" items - Gluten Free. Also know as the "Panera Bread Power Menu". Officially, the secret power menu was discontinued in March, but technically you can still order the items by asking for these specific items.

Chapter 6 : Gluten Free | Panera at Home

DOWNLOAD PDF PANERA GLUTEN MENU

Panera Bread Gluten Free Menu Here's everything that you can order from Panera Bread that's gluten free and safe to eat: Items As Is You can order these without any modifications: greek salad seasonal greens salad fuji apple chicken salad modern greek salad with quinoa southwest chile lime ranch salad with chicken green goddess cobb salad with.