

Confused About Gluten



DEAR TIM

Dear Tim:

I've been working out with a trainer since the first of the year in an attempt to work off those holiday pounds and get myself back in shape. He said I really need to work on my glutes. I see that you have some

glute-free products. Will those help?

-Working Out on Waltham

Dear Working Out:

While I applaud your efforts, I think you may have misread some of our product labels. We do have a number of gluten-free

items. Those are products free of gluten – a protein found in grains and starches. Like the items we offer from Columbus' own Soodles & Company, Sweet Mamas and eban bakery. But none are glute free. If that's what you're after, you're literally going to have to work your butt off with that trainer.

Dear Tim:

I'm hosting a Super Bowl bash for friends this weekend. Any advice?

-Host on Henthorn

Dear Host:

Yes. Stock plenty of cold drinks (aisle 1), deli items (in the meat department) and snacks (aisle 6). DVR the commercials. Stop serving alcohol after the third quarter. And put your money on Tom Brady. For a Michigan man, he sure does seem to know how to win the big one.

Dear Tim is presented as a public service by Tim Huffman, owner of Huffman's Market. Write to him in care of Huffman's Market, 2140 Tremont Center, Upper Arlington, Ohio, 43221, stop by and say hi, or visit www.huffmansmarket.com.