



**GLUTEN
INTOLERANCE
GROUP**



Easy-to-Find and Easy-to-Fix

Updated April 2019

Hungry for a quick bite? Not sure what is safe to eat? Here are some easy-to-find and easy-to-fix foods that make perfect snacks and quick, simple meals to get you started on a gluten-free diet.*

Snacks:

1. Fresh fruit
2. Broccoli and tomatoes with ranch dip
3. Carrots and hummus
4. Peanut butter on celery
5. Yogurt
6. Yogurt parfait with berries and gluten-free granola or nuts
7. String cheese
8. Cheese and rice crackers
9. Corn chips and salsa
10. Jicama and bell peppers with guacamole
11. Cheese quesadilla with corn tortillas
12. Cottage cheese
13. Canned tuna fish (mix with mayonnaise for tuna salad)
14. Turkey wrap on brown rice tortilla
15. Peanut butter or other nut butter on rice cake or fresh fruit
16. Fruit and yogurt smoothie
17. Popcorn
18. Trail Mix (made with GF grains *)
19. Hard-boiled egg or deviled egg
20. Applesauce with cinnamon
21. Fruit and nut bar or gluten-free granola bar
22. Baked sweet potato fries
23. Edamame
24. Frozen chocolate covered bananas
25. Olives
26. Sweet and spicy glazed nuts
27. Potato skins/potato wedges with ketchup
28. Corn tortilla or chips with bean dip
29. Blanched asparagus wrapped with thinly sliced ham and swiss cheese
30. Tuna salad on rice cracker with a cucumber slice
31. Fruit leather
32. Sorbet
33. Cheesy grits
34. Hot cereal: cream of rice or quinoa flakes or gluten-free oats
35. Baked crispy chickpeas
36. Kale chips
37. No bake cookies: dates, pecans, maple syrup, cinnamon, orange zest, coconut

*If trail mix contains oats, be sure the oats are certified gluten-free

Meals:

38. Chicken salad in bibb lettuce wrap
39. Tomato Soup with grated cheddar cheese and black beans
40. Turkey chili with beans
41. Cobb salad or other green salad with oil and vinegar dressing
42. Chicken breast and roasted vegetables with parmesan cheese and garlic
43. Baked fish with lemon and garlic, rice, and steamed broccoli
44. Bean and rice burrito (in corn or other GF tortilla) with salsa and cabbage slaw
45. Sliced chicken or steak with chickpea, tomato, feta cheese salad
46. Omelet or scrambled eggs
47. Cuban black beans and rice topped with red cabbage, cilantro and avocado

To avoid cross-contamination

- Keep preparation surfaces clean and free of crumbs.
- Do not share utensils used for non-GF foods.
- Do not share toasters used for non-GF bread.
- Use squeeze bottles to avoid contamination of condiments.
- Thorough washing will remove gluten from utensils, pans, and dishes.
- Store GF foods above gluten-containing foods in the pantry.

- 48. Tomato spaghetti sauce with gluten-free pasta
- 49. Chicken taco on a corn tortilla with cabbage and lime
- 50. Loaded baked potato (beans, cheese, sour cream, green onions)
- 51. Tofu and vegetable stir-fry (using gluten-free tamari) with rice
- 52. Frozen prepared meals: look for items labeled gluten-free
- 59. Jams and jellies
- 60. All nut butters
- 61. Sour cream
- 62. Cream cheese
- 63. Gluten-free tamari and gluten-free soy sauce
- 64. Cocktail sauce
- 65. Fish sauce
- 66. Chili sauce, tobasco sauce
- 67. Salsa, pico de gallo

Beverages:

- 53. Ketchup
- 54. Mustard
- 55. Relish, pickles
- 56. Mayonnaise
- 57. All vinegars except malt vinegar
- 58. Butter, all oils
- 68. Milk, cream
- 69. Alternative milks: soy, almond, rice, coconut
- 70. Coffee
- 71. Tea
- 72. Bottled teas, fruit juice and drinks, soda
- 73. Hot chocolate

*** Note: Confirm gluten-free status of all foods/ingredients. While the items listed here are generally gluten-free, there could be brands/versions of them which contain gluten.**

When you shop for groceries

- Always read labels; some versions of the above items could include gluten-containing additions. Also, ingredients can change, so check each time you purchase. Find more information about label reading here: <https://gluten.org/resources/getting-started/label-reading/>
- “Wheat-free” does not always mean “gluten-free”.
- The top 8 allergens must be declared on labels – including wheat.
 - An allergy statement always starts with “Contains...” The allergen may also be identified in the ingredients list.
 - Barley and rye are not included in the top 8 allergens. Watch for these in the ingredients list.

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Other helpful information is available at www.GLUTEN.org.

Advances in celiac disease are fast-paced. If this document is more than 2 years old, please visit our website for updated documents.

This information should not be used to diagnose or treat gluten-related disorders or other medical conditions. For questions about these conditions consult your healthcare team when considering this information.

Please consider your local GIG support group as another resource.

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The Mission of the Gluten Intolerance Group is to empower the gluten-free community through consumer support, advocacy, and education.

To make a donation or become a volunteer to GIG, visit our website or call the office at 253-833-6655.