



**GLUTEN
INTOLERANCE
GROUP**



Gluten-Free Pantry Essentials

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There has been a burst of gluten-free products appearing on grocery store shelves over recent years, but it can still be difficult to know where to start in building up your first gluten-free pantry. Having a good selection of gluten-free items on hand will help make meal preparation easier, and remove some of the uncertainty in making food choices. Here are some suggestions to get you started. There is plenty of room to grow and vary your pantry as you become more comfortable with your gluten-free diet.

Preparing the pantry and preventing cross-contact

Take some time to consider your kitchen and pantry layout. Will the entire kitchen be gluten-free, or will it be a shared space? If it is a shared kitchen, purchasing sealed containers and storing gluten-free foods above those which contain gluten can help prevent cross-contact. Whether or not it will be an entirely gluten-free kitchen, it is important to give your pantry a thorough cleaning to remove crumbs or traces of any gluten containing items.

Take stock of your unique approach to cooking and eating

What sorts of things do you regularly like to eat? Of those foods that contained gluten, which do you want to find gluten-free alternatives for? Are you willing to try new foods or products? What is your budget and how much time do you have to prepare meals? Do you want to cook from scratch or would you prefer more convenience foods? Giving some thought to these things in advance will help guide your gluten-free shopping so that your pantry and kitchen are truly suited to you.

Making educated selections

- Reading labels for gluten-free status is essential, and includes looking for certified gluten-free logos, choosing “gluten-free” labeled foods, and reading ingredient lists. Review “3 Tips for Gluten-Free Label Reading” here: www.gluten.org/resources/getting-started/label-reading/



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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.

- Strive to include plenty of naturally nutritious gluten-free foods including vegetables, fruits, beans, nuts and seeds. When choosing dairy products, meats and poultry, prefer low fat and lean options. Opt for gluten-free whole grains (instead of refined) often. Be cautious when choosing meats or poultry that are marinated or have seasonings or broth added, as these ingredients could contain gluten.
- Learn to shop smart and get the biggest bang for your buck. For example, fresh produce is naturally gluten-free, and, like most unprocessed foods, contains high levels of naturally occurring nutrients. However, while basic frozen and canned produce is processed, most is processed at the height of the fruit or vegetable's ripeness, and provide a less expensive alternative to out of season produce, and a longer shelf life.
- Although purchasing from bulk bins may seem convenient, the risk of cross-contact with gluten containing products is high. As a result, any item in a bulk bin is considered risky and should be avoided.



Gluten-Free Shopping List

STAPLES

- Beans (pinto, kidney, black, chickpeas/garbanzo bean, etc.)
- Lentils* (red, yellow, brown, French)
- Split peas
- Nuts (walnuts, cashews, almonds, etc.)
- Seeds (sunflower, flax, chia, etc.)
- Dried fruit (raisins, cranberries, etc.)
- Gluten-free chicken/vegetable/beef broth

- Polenta
- Pasta
 - Gluten-Free Pastas (including those made out of rice, corn, quinoa, amaranth, millet, and legumes)
 - Soba noodles (pure buckwheat)
 - Rice noodles
 - Glass noodles/bean-thread
 - Spaghetti squash or spiralized zucchini (great alternatives to grain based pasta)

GRAINS & GRAIN BASED FOODS

- Rice (brown, white, sushi, red, wild, arborio)
- Gluten-free bread (Many are also available frozen. If you have a local gluten-free bakery, you may want to buy fresh, slice, and keep in freezer, to use as you need. Note: texture and flavor of GF bread is generally improved by toasting.)
- Gluten-free crackers
- Gluten-free oats**
- Corn tortillas
- Gluten-free cereals and granolas
- Popcorn
- Quinoa
- Millet
- Buckwheat
- Amaranth

PRODUCE

Choose a variety of fruits and vegetables. Buying fresh produce in season generally means better flavor and quality relative to imported, out-of-season items. Also keep some frozen produce on hand for when you're in a pinch.

- Tomatoes
- Broccoli
- Garlic
- Carrots
- Onions
- Celery
- Leafy greens
- Sweet potatoes
- Spaghetti squash

- Mushrooms
- Apples
- Oranges
- Melon
- And many more

Some varieties such as potatoes, onions, garlic, and apples have a longer shelf life and may be stored unrefrigerated.

MEAT, DAIRY AND FISH

- Yogurt
- Milk, or milk substitute
- Cheese
- Eggs
- Fish- e.g. salmon, tilapia, tuna
- Turkey
- Chicken
- Lamb
- Beef
- Pork

FREEZER

- Gluten-free bread, pizza or pizza crusts, tortillas, wraps
- Edamame
- Gluten-free chicken nuggets or other ready-to-go meal staple
- Vegetables
- Fruits

Save time and add to your freezer stock by cooking double batches of your favorite freezable gluten-free meals, and freezing some for later. Examples that work well: chili, spaghetti sauce, beans (e.g. pinto, black, or red).

CONDIMENTS & PANTRY EXTRAS

In a shared kitchen: buy condiments in squeezable containers to avoid cross-contact by double dipping.

- Olive oil, vegetable oil, coconut oil

- Tamari or gluten-free soy sauce
- Gluten-free salad dressing (or make your own)
- Vinegar (all except for malt vinegar, which contains gluten)
- Ketchup, mustard, mayonnaise
- Hot sauce
- Jam
- Nut butters
- Olives, pickles
- Ginger (fresh, jarred, powdered)
- Spices (pure spices are gluten-free, but be cautious of mixed spice packages)
- Dried herbs

BAKING ESSENTIALS

- Multi-purpose gluten-free flour blend
- Multi-purpose gluten-free baking blend
- Rice flour
- Almond flour
- Cornstarch/arrowroot powder
- Xanthan gum (if not included in your baking blend)
- Sugar
- Cocoa
- Baking powder, baking soda, vanilla extract
- Your favorite baking additions (cinnamon, nutmeg, maple syrup, chocolate chips, etc.)

**Due to risk of cross-contact, choose certified or "gluten-free" labeled products in the case of lentils, and any milled products made from grains, seeds or legumes.*

***Choose uncontaminated oats that are certified gluten-free, and if you have celiac disease consult with your physician or dietitian before including oats in the diet.*

Always confirm the gluten-free status of foods purchased every time you shop.