



**GLUTEN  
INTOLERANCE  
GROUP**



# Gluten-Free Pantry Essentials

*Updated October 2018*

While a burst of gluten-free products have been appearing on grocery store shelves over recent years, it can still be difficult to decide where to start in building up your first gluten-free pantry. Having a good selection of gluten-free items on hand can help make meal preparation relatively easy, and remove some of the uncertainty in making food choices. Here are some suggestions to get you started on stocking-up your pantry. There are many options to pick and choose foods you prefer, and there is plenty of room to grow once you become more comfortable with your gluten-free diet.

## Preparing the pantry and preventing cross-contamination

Before going to the grocery store, 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-contamination. 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

Before setting off to shop for your new pantry, take the time to ask yourself some questions. 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.

- What sorts of things do you regularly like to eat? Are you willing to try new foods or products, or are you more interested in choosing gluten-free versions of the same foods you used to consume? 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?



## 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](http://www.gluten.org/resources/getting-started/label-reading)

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Other helpful information is available at [www.GLUTEN.org](http://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, fish, 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 things from bulk bins can be convenient, the risk of cross-contamination with gluten-containing products is high. As a result, any item in a bulk bin is considered risky and should be avoided.

The following is a list of suggested items that can get your gluten-free pantry off to a good start. Pick those you enjoy and add others to make a list that suits your lifestyle. Bon Appétit!



## Gluten-Free Shopping List

### STAPLES

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

### GRAINS & GRAIN BASED FOODS

- Rice (brown, white, sushi, red, wild, arborio)
- Gluten-free bread (Many are also available frozen. Also, if you have a local gluten-free bakery, you may want to buy fresh, slice, and keep in freezer to use as you need.)
- Gluten-free crackers
- Gluten-free oats\*\*
- Corn tortillas
- Gluten-free cereals and granolas. Recommend choosing certified or gluten-free labeled products, since ingredient lists can be tricky.
- Popcorn
- Quinoa
- Millet
- Buckwheat
- Amaranth

- Polenta
- Pasta
  - Gluten-Free Pastas (including those made out of rice, corn, quinoa, amaranth, millet, and legumes)
  - Soba noodles (Confirm that product is made from pure buckwheat, as some soba noodles also contain wheat.)
  - Rice noodles
  - Glass/bean-thread noodles
  - Spaghetti squash or spiralized zucchini (great alternatives to grain based pasta)

### PRODUCE

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

- Tomatoes
- Garlic
- Carrots
- Onions
- Celery
- Leafy greens
- Sweet potatoes

- Spaghetti squash
- Mushrooms
- Apples
- Oranges
- Melon

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

## 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 money 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-contamination 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-contamination, 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 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.*