



**GLUTEN
INTOLERANCE
GROUP**



Easy-to-Find and Easy-to-Fix

Updated March 2017

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:

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

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

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.

47. Cuban black beans and rice topped with red cabbage, cilantro and avocado
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
53. Bean and rice burrito (in corn or other GF tortilla) with salsa and cabbage slaw

Condiments:

54. Ketchup
55. Mustard
56. Relish, pickles
57. Mayonnaise
58. All vinegars except malt vinegar
59. Butter, all oils
60. Jams and jellies
61. All nut butters
62. Sour cream
63. Cream cheese
64. Gluten-free tamari and gluten-free soy sauce
65. Cocktail sauce
66. Fish sauce
67. Chili sauce, tabasco sauce
68. Salsa, pico de gallo

Beverages:

69. Milk, cream
70. Alternative milks: soy, almond, rice, coconut (most brands are GF: check labels)
71. Coffee
72. Tea
73. Bottled teas, fruit juice and drinks, soda
74. Hot chocolate

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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.

Gluten Intolerance Group (GIG)
31214 – 124th Ave. S.E.
Auburn, WA 98092-3667

Phone: 253-833-6655
Fax: 253-833-6675


www.GLUTEN.org
customerservice@GLUTEN.org

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.

*** 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

- Look for a certified gluten-free label/logo like GIG's GFCO logo 
- Look for products labeled "gluten-free."
- For products not certified or labeled gluten-free, read labels carefully. More information here: <http://www.gluten.org/wp-content/uploads/2015/03/Label-reading.pdf>
- Always read labels; ingredients can change.
- "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.