

Easy-to-Find and Easy-to-Fix Healthy Snacks and Meals



**GLUTEN
INTOLERANCE
GROUP**

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Hungry for a quick bite? Not sure what you can buy to eat? Here are some easy-to-find foods that are safe to eat and ideas for easy-to-fix snacks or meals.

50+ Things Easy-to-Find

1. Tuna, water or oil-packed
2. Ketchup, mustard
3. Mayonnaise, Miracle Whip
4. Pickles, olives, all vinegars except malt vinegar
5. San J Wheat-Free Tamari sauce
6. Butter, margarine
7. I Can't Believe It's Not Butter (margarine)
8. Eggs & Egg Beaters
9. Black Label bacon
10. Grits, cornmeal, Cream of Rice cereal
11. Fresh fish, meats and poultry
12. Tyson® frozen breasts, wings, thighs
13. Butterball or Albertson's brand turkeys (no sauce packets)
14. Thumann's deli meats
15. Kids Kitchen Beans & Wienies
16. Ball Park all beef hot dogs
17. Hormel Chile *WITH* Beans
18. Dinty Moore Beef Stew
19. Amy's GF Frozen Enchilada dinners
20. Hormel pepperoni – regular & turkey
21. Carl Budding sandwich meats
22. 100% pure ground beef or turkey
23. Fresh or frozen (plain) vegetables
24. Velveeta
25. Sargento Deli cheese slices
26. Sargento shredded cheddar cheese
27. Philadelphia Cream Cheese
28. Daisy sour cream
29. Brown Cow Yogurt
30. Yoplait yogurt
31. Dannon plain yogurt
32. Prego spaghetti sauce – original
33. Progresso Creamy Mushroom Soup
34. Thai Kitchen Instant Rice Noodles (lemon grass, curry, garlic & vegetables, others)
35. Rice
36. Corn tortilla chips, 100% corn tortillas
37. Ruffles potato chips
38. Fritos
39. Plain rice cakes
40. Fresh fruit, 100% fruit juice
41. Natural peanut butter
42. Jams and jellies
43. Vanilla ice cream
44. Sorbets, fruit sherbets
45. Hershey's chocolate candy bar
46. Hershey's chocolate syrup
47. Snickers chocolate candy bar
48. Sugar Babies
49. Nestle's chocolate chips
50. Swiss Miss hot chocolate
51. Milk - all except flavored
52. Carnation creamers (liquid & powdered)
53. Carnation Instant Breakfast drinks except the chocolate malt
54. Boost nutritional drink
55. Coffee, regular tea
56. Coca Cola and Pepsi products
57. Raw or salted nuts or seeds
58. Gluten-free Rice Chex
59. Gluten-free Corn Chex

When you shop for groceries:

Always read labels; ingredients can change.

"Wheat-Free" is not always "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 ingredient list.

Barley and rye are not included in the top 8 allergens. Watch for these in the ingredient list.

When you cook:

Keep preparation surfaces clean and free of crumbs.

Do not share utensils used for non-GF foods.

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.



50 Easy-to-Fix Snacks and Meals

1. Tuna salad on a bed of lettuce
2. Nachos with avocado and black beans
3. Quesadilla using corn tortilla, chopped chicken, and tomatoes
4. Fresh fruit with yogurt and nuts
5. Grits with berries
6. Polenta wedges with chili
7. Three-bean chili with corn chips
8. Lettuce-wrapped turkey burger
9. Omelet with vegetables and cheese
10. Stir-fried rice with meat & vegetables
11. Rice pudding with raisins
12. Baked potato with cheese and chives
13. Thai rice noodles with chicken and vegetables
14. Trail mix with nuts and dried fruit
15. Spaghetti sauce with rice noodles
16. Peanut butter and apple slices on rice cakes
17. Fresh vegetables and fruit with peanut butter for dipping
18. Banana split with plain yogurt and jam
19. Tortilla pizza with corn tortilla, pepperoni, spaghetti sauce & cheese
20. Quick vegetable soup with frozen vegetables and stewed tomatoes
21. Cottage cheese and fruit salad
22. Peanut butter and jelly on rice cakes
23. Turkey roll-up with cream cheese and asparagus spear
24. Bacon, lettuce and tomato on corn or rice tortilla
25. Easy chicken casserole with Thai noodles, pre-cooked chicken, Progresso Creamy Mushroom Soup, frozen broccoli, and red bell pepper
26. Soft shell corn tacos
27. Homemade curried chicken with rice and vegetables
28. Scrambled eggs with nutritional yeast (this is different from brewer's yeast, which may contain gluten)
29. Grits with cheese
30. Tuna melt on rice cake, polenta or tortilla
31. Fruit smoothie with yogurt, orange juice, banana and berries blended
32. Vegetables with hummus (chickpea) dip
33. Sorbet with fresh fruit
34. Iced coffee or mocha
35. Spiced roasted nuts (check ingredients if not homemade)
36. Grilled chicken salad with grapes, nuts and mayo on shredded cabbage
37. GF Oatmeal with fresh berries
38. Quinoa with lemon juice, chickpeas, and olive oil
39. Make your own vegetable "chips" by tearing kale into small pieces or thinly slicing vegetables such as beets, sweet potatoes, rutabagas, parsnips or carrots. Bake at a low temperature (200 degrees F) until crispy. Sprinkle with sea salt and enjoy.
40. Roasted chickpeas
41. Frozen banana popsicles
42. Edamame
43. Applesauce sprinkled with cinnamon
44. Popcorn with nutritional yeast (this is different from brewer's yeast, which may contain gluten)
45. Hardboiled egg
46. Salmon wrap using corn tortilla, canned salmon, vegetables/lettuce and cream cheese
47. Roasted sweet potato wedges tossed in olive oil, garlic, and red pepper flakes
48. Celery and peanut or almond butter, drizzled with honey
49. Fresh fruit with yogurt dipping sauce (sprinkled with cinnamon)
50. Yogurt parfait layered with plain yogurt, canned pumpkin and almonds. Sprinkle with cinnamon before serving.

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

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

This information should not be used to diagnose or treat anemia or celiac disease. For questions about anemia and celiac disease consult your healthcare team when considering this information.

Please consider your local GIG branch as another resource.

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GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.

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