

Easy-to-Find and Easy-to-Fix:

Updated December 2013



**GLUTEN
INTOLERANCE
GROUP**

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. Trail Mix
3. Broccoli and tomatoes with ranch dip
4. Carrots and hummus
5. Peanut butter on celery
6. Yogurt
7. Yogurt parfait with berries and gluten-free granola or nuts
8. String cheese
9. Cheese and rice crackers
10. Corn chips and salsa
11. Jicama and bell peppers with guacamole
12. Cheese quesadilla with corn tortillas
13. Cottage cheese
14. Canned tuna fish (mix with mayonnaise for tuna salad)
15. Turkey wrap on brown rice tortilla
16. Peanut butter or other nut butter on rice cake or fresh fruit
17. Fruit and yogurt smoothie
18. Popcorn
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

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

When you shop for groceries

- 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.

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.



Meals continued:

44. Bean and rice burrito (in corn or other GF tortilla) with salsa and cabbage slaw
45. Salad of chickpea, tomato, feta cheese and sliced chicken or steak
46. Omelet or scrambled eggs
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

Condiments:

53. Ketchup
54. Mustard
55. Relish, pickles
56. Mayonnaise
57. All vinegars except malt vinegar
58. Butter, all oils
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:

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

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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 website 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 website or call the office at 253-833-6655.