

Healthy Snacking the Gluten-Free Way

Key Points

- Part of any gluten-free diet should include wholesome, balanced meals and snacks.
 - There are endless options for healthy gluten-free snack ideas, especially when you use your imagination. Take a look at some of the ideas below.
 - Choose cereals, breads, crackers, rice and corn cakes, tortillas, snack bars and pretzels which are labeled gluten-free.
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Healthy Gluten-Free Snack Ideas

GF = Gluten-Free

Fresh fruits: berries, peaches, plums, apricots, bananas, melons, oranges, grapefruit, mango, papaya, guava, star fruit, plantain, kiwi, and more
Dried fruits*: (in small servings): cherries, cranberries, blueberries, acai berries, apples, pineapples, raisins, figs, apricots, peaches, mango, banana chips
Plain, unsalted nuts or seeds (a closed handful is a serving): almonds, walnuts, cashews, soy nuts, pistachios, macadamia nuts, pecans, sunflower seeds, pumpkin seeds Avoid eating more than 1-2 Brazil nuts per day. They are high in selenium, a mineral the human body only needs in small amounts.
GF dry cereals or GF granola mixed with low-fat yogurt or low-fat Greek yogurt
Air-popped (plain) popcorn or air-popped sorghum
Trail mix: try a mixture of plain, unsalted nuts and seeds, dried fruits*, GF dried cereal, and GF pretzels or popcorn

Tuna, Salmon or Sardines (mixed with lemon juice and plain (Greek) yogurt) on high-fiber GF crackers
Peanut butter or other nut or seed butters and jelly or fruit spread or honey on whole-grain GF rice, corn, or GF multigrain cakes
GF granola, clusters, snack or energy bars (watch the added sugar content) Nut or Seed Butter Energy Bar: Mix ½ cup nut or seed butter with 1/8 to ¼ cup sugar or monk fruit sweetener with 1 egg. Place mixture into a 6 inch lightly oiled loaf pan. Bake approximately 25-30 minutes.
GF crackers with low-fat cheese or ricotta cheese
Dried meat or poultry snacks, jerky (labeled gluten-free)
Corn quesadilla with cheese, beans, hominy (similar to corn grits), peppers, onions
Raw vegetables with hummus, salsa, pesto, olive oil mixed with herbs, or other GF dips
Cottage cheese topped with pineapple chunks, fruit, cherries, or dried tomatoes
Low fat yogurt (avoid mix-ins), low fat Greek yogurt, or cottage cheese
Hard-boiled eggs
Low-fat cheese: slices, string or chunks

*Avoid dried fruit rolled in oat flour.

Adapted with permission from Decher N, Parrish CR. *Balanced and Delicious: A Healthy Gluten-Free Diet. Real Life with Celiac Disease: Troubleshooting and Thriving Gluten-Free.* Dennis M, Leffler D, eds. AGA Press, Bethesda, MD, 2010.

Taking Snacks to a Healthier Level

If you eat this: GF pretzels

- **Add this:** Unsalted, plain nuts
- **Or try this instead:** Trail mix with GF granola, dried fruits, plain nuts and plain seeds

If you eat this: GF rice cakes or rice crackers

- **Add this:** Cheese (cube or string), hummus, nut butter with banana or apple slices
- **Or try this instead:** GF snack bar made with seeds, dried fruits* and healthy GF grains (amaranth, flax, quinoa); GF high fiber snack crackers made with **plain nuts** and /or plain seeds

If you eat this: Fried GF corn chips

- **Add this:** Salsa and shredded cheese
- **Or try this instead:** GF baked corn chips with low-fat cheese and sour cream; or popcorn

If you eat this:

- **Add this:** Peanut butter, 100% cheese spread or low-fat cream cheese with raisins
- **Or try this instead:** Carrot or turnip sticks, peppers, cherry tomatoes, broccoli, cauliflower with one of the dips listed above in the chart

If you eat this: GF cookie or brownie with milk

- **Add this:** Substitute GF brown rice flour, flax meal or quinoa flour in the recipe; choose ready-made GF cookies or brownies low in added sugar and fat, or made with sunflower, safflower, or organic canola oil
- **Or try this instead:** Fresh fruit and a piece of GF dark chocolate (1 oz)

If you eat this: GF muffin made with white rice flour

- **Add this:** Chopped plain nuts, mashed banana, dried fruits (raisins, cranberries, apricots, dates*), GF ground flax
- **Or try this instead:** Pumpkin, pineapple, carrot or banana muffins made with GF brown rice flour, almond flour, sorghum flour, or bean flour

If you eat this: Full-fat fruit-flavored yogurt

- **Add this:** Fresh fruit and plain nuts and seeds
- Or try this instead: Plain low-fat yogurt or Greek low-fat yogurt with chopped fruits, plain nuts and a drizzle of vanilla/lemon/almond extract

Adapted from Case, S. Go Gluten-Free! Tips for Getting More Nutrition into the Gluten-Free Diet.

*Avoid dates rolled in oat flour.

Resources (this list is not comprehensive):

- Gluten Intolerance Group: Easy-to-Find and Easy-to-Fix Foods
https://gluten.org/wp-content/uploads/2019/10/EDU_Easy-to-find-and-fix.pdf
- Cookbooks or blogs by Kristine Kidd, Carol Fenster, Roben Ryberg, Jules Shepard, Leslie Cerier, Megan Gerber RD, and other GF cookbook aut

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