

Shopping for Gluten Free (GF) Snacks and Mini Meals

Take these pages to the grocery store when you go shopping. Add your favorites to the list.

Items listed as “GF” below must be labeled “gluten-free” on the package.

Fruits & Veggies

Fresh or plain frozen fruit
Fresh or plain frozen veggies
Canned fruit cup (in own juice or water)
Plain, unflavored Applesauce

Dairy

Non-dairy milk alternatives (such as soy, rice, or nut milk), plain and free of gluten-containing ingredients
Cottage cheese (cottage cheese typically isn't labeled gluten-free but it might be possible for a gluten-containing filler to be used in a fat free variety or “flavored” variety)
Yogurt (avoid mix-ins like granola or nut mixes)
Hard or string cheese
Kefir

Chips & More

GF potato chips
Popcorn (plain, unseasoned or labeled gluten-free)
GF corn or rice chips
GF rice or corn cakes and rice crackers
GF crackers (high fiber, made with quinoa, flax seed, millet, buckwheat, amaranth, etc.)
GF pretzels

Protein

Tuna in a pouch (avoid hydrolyzed wheat protein and other gluten-containing ingredients)
Sushi (labeled gluten-free or free of gluten-containing ingredients)
Hard-boiled eggs
Plain, unseasoned nuts (preferably bought in their shells)
GF nutrition bars
Plain seeds (pumpkin, sunflower)
GF protein powder [rice, pea, whey (milk), and soy (whey and soy can be gas-producing)]
Edamame (soybeans)

Dips & Toppings

Salsa (check for gluten-containing ingredients, such as malt vinegar)
Hummus (plain, or made with only GF ingredients)
Nut butter (peanut, almond, cashew, walnut)

Bread/Flour/Grain Products

GF breads, bagels, buns, English muffins, pizza crusts, waffles
GF granola
GF muffin/pancake/bread/cookie/waffle mix
GF tortillas (rice, corn, teff)

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Easy Combinations

Fruit parfait with layers of fresh fruit, yogurt, and GF granola or GF cereal

Baked sweet potato sprinkled with cinnamon

GF waffle topped with natural peanut butter, banana, honey, and cinnamon

GF cereal and GF nuts mixed with dried fruit (avoid sulfites and oat flour-rolled dates)

GF quinoa salad with chopped vegetables, olive oil, and fresh-squeezed lemon juice

Tuna on GF crackers or GF rice cakes topped with sliced cucumbers and dill

Small bowl of home-made black bean chili and GF cornbread

Small GF grain bowl (with some of the “super six” grains listed on the last page) topped with steamed veggies and your protein of choice (plain chicken, meat, fish, or tofu)

100% corn, teff, or brown rice tortilla wraps (all must be labeled gluten-free) with:

- refried beans and salsa (check for gluten-containing ingredients)
- hummus (plain, or made with only GF ingredients) and sliced veggies
- GF deli meat slices, lettuce, tomato, cheese

100% corn chips (labeled gluten-free) paired with homemade:

- bean dip
- guacamole
- salsa

Individual pizza made with:

- GF bagels or GF English muffins
- tomato sauce
- onions
- black olives
- bell peppers and your favorite veggies
- plain, grilled chicken or GF pepperoni
- cheese
- basil, oregano and other herbs

GF 100% brown rice noodles with:

- steamed vegetables and green onions
- plain tofu
- GF soy sauce
- drops of plain, unflavored sesame oil

Natural nut butter:

- with jelly or honey on whole grain GF rice or corn cakes
- on toasted GF chia/millet or high fiber bread with fresh fruit slices (apple or pear)

Natural nut butter, cheese, or cream cheese on whole grain GF crackers

Natural nut butter or cream cheese rolled in:

- crushed, plain GF nuts
- raisins
- unsweetened shredded coconut

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Desserts

Fresh fruit with yogurt (avoid mix-ins like granola or nut mixes)

GF macaroons or cookies

GF pudding

Sorbet (most are GF based on ingredients but not labeled gluten-free) and GF waffle/ice cream cones

Ice cream (without gluten-containing ingredients or labeled gluten-free)

Beverages

GF meal-replacement drinks

GF high-protein breakfast drink mixes

Fruit smoothies (frozen fruit, GF protein powder or nut butter, yogurt, or non-dairy milk alternatives [rice, nut, whey (milk) or soy (whey and soy can be gas-producing) which are plain and free of gluten-containing ingredients

Your Favorites

- 1.
- 2.
- 3.
- 4.
- 5.

*Super 6 Grains: must be labeled gluten-free

Amaranth

Buckwheat

Millet

Quinoa

Sorghum

Teff

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