



CHECKLIST ✓

GLUTEN-FREE FOR BEGINNERS

Gluten-Free Foods List & Food Swaps Checklist

Some food should be entirely avoided on a gluten-free diet. There are other foods which could possibly contain gluten, but they may not as well, so you need to read your ingredient labels. Foods which definitely contain and may contain gluten are listed on this checklist below, as well as some simple gluten-free foods swaps that promote healthy eating.

Foods to avoid entirely:

- Wheat
- Barley
- Malt, Malt Vinegar and Malt Flavoring
- Rye
- Triticale, which is a cross between rye and wheat
- Durum flour
- Farina
- Graham flour
- Kamut
- Semolina
- Spelt

Foods that may contain gluten, read your food labels:

- Bread
- Candy, cakes and pies
- Cereals
- Beer
- Cookies, crackers and croutons
- French fries
- Gravy
- Imitation seafood, imitation meat
- Pasta
- Processed lunch meats
- Salad dressings, sauces
- Seasoned rice mix
- Snack foods, such as potato chips
- Soups and some soup bases
- Canned vegetables and sauce

Simple, Healthy Gluten-Free Food Swaps

- ❑ Instead of flour tortillas for your tacos, quesadillas and burritos, use corn tortillas instead.
- ❑ Rice cakes make the perfect replacement for crackers. There are also plenty of gluten-free crackers to choose from.
- ❑ You don't have to give up your morning pancakes. Just replace regular flour with cornmeal. This adds a healthy dose of protein to start your day, and keeps gluten from doing you any harm.
- ❑ Salad dressings may contain gluten, as well as a long list of additives and preservatives. You can make healthy salad dressings using coconut oil, apple cider vinegar, extra-virgin olive oil and lemon juice.
- ❑ Large Portobello mushroom caps can be firmed by baking. This makes them excellent replacements for bread and buns when making sandwiches and hamburgers.
- ❑ Pretzels and other baked goods often contain gluten. Instead of pretzels, opt for a handful of healthy, high-fiber nuts or popcorn.

Many kinds of lettuce, Swiss chard and collard greens make healthy, nutritious wraps. Use these instead of flour wraps to avoid gluten.

Luna bars are healthy alternatives to granola bars, protein bars and other energy bars. All Luna bars are gluten-free.

Instead of soy sauce, which may contain gluten, opt for Tamari instead.

A spiralizer can turn zucchini and other vegetables into noodles you can use in place of traditional pasta. The meat of the spaghetti squash can be raked out with a fork to make a pasta replacement as well.

Another healthy alternative to pasta is to use quinoa pasta instead.

Baked zucchini fries or sweet potato fries or a gluten-free swap for French fries.



Eat Well. Be Well. Repeat.
Because Being Healthy is Boss

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