

Gluten Free Shopping List

The items listed here are not products you are required to purchase, they are ideas to help you get started on the gluten free diet

Produce

Fresh Fruits
Fresh Vegetables

Meat, Fish, Poultry

Fresh Beef
Fresh Pork
Fresh Poultry
(use caution with self-basting)
Fresh Fish or Seafood
Eggs

Beverages

100% Fruit Juice
Coffee, Tea, Cocoa
Soft Drinks

Fats and Oils

Vegetable and Canola Oil
Olive Oil
Shortening

Dairy

Unflavored Milk
Cream
Aged Cheese
(use caution with processed cheese)
Most Yogurt
Butter, Margarine
Cream Cheese
Cottage Cheese
Most Sour Cream

Frozen Foods

Plain Fruits and Vegetables
Most Ice Cream, Sherbet
Most Frozen Yogurt
Gluten Free Waffles

Snacks

Potato Chips
(use caution with flavored chips)
Corn Tortilla Chips
Popcorn
Rice Crackers, Rice Cakes
Plain Nuts, Seeds
Jello
Pudding
Applesauce
Raisins

Packaged & Canned

Plain Fruits and Vegetables
Canned Tuna or Chicken
Canned Beans
Dried Beans, Lentils, Peas
Most Baked Beans
Gluten Free Canned Soups
Marinara Sauce
Gluten Free Broth or Stock

Cereals & Grains

Cream of Rice
Grits
Puffed Rice
Plain Brown or White Rice
Quinoa
Corn Tacos/Tortillas
Gluten Free Bread
Gluten Free Oats
Gluten Free Pasta
Gluten Free Pancake Mix

Condiments

Jam and Jellies
Marmalade
Honey
Peanut Butter
Corn Syrup
Maple Syrup
Molasses
Spices and Herbs
Salt and Pepper
Relish, Pickles, Olives
Ketchup
Mustard
Mayo
Salsa
Pesto
Distilled Vinegars
Gluten Free BBQ Sauce
Gluten Free Soy Sauce
Most Salad Dressing

Baking

Gluten Free Flour Blend
Brown and White Sugar
Confectioner's Sugar
Vanilla Extract
Baking Soda
Baking Powder
Corn Starch
Potato Starch
Xanthan Gum

****Make sure to always read ingredient labels before using products listed here****