

Your SNAP4CT Gluten-Free Shopping List



Eat Well Tip: Always read ingredient labels to be sure there is no gluten.
Spend Less Tip: Try to limit special "gluten-free" products since they cost more

Grains

- *Rice Products:* brown rice, brown rice noodles, brown rice pasta, cream of rice, basmati rice, red rice, wild rice
- *Corn Products:* corn pasta, corn tortillas, corn taco shells, corn meal
- *Specialty Grains:* gluten-free oats, quinoa, millet, sorghum, amaranth, buckwheat

Vegetables

- All plain vegetables. Root vegetables like potatoes, sweet potatoes, parsnips, turnips and carrots are particularly economical and last a long time.

Fruits

- All fresh fruits, and most canned and frozen options as well.

Dairy

- Plain nonfat or low-fat yogurt, skim or 1% milk, blocks of reduced fat cheese

Protein

- *Meats:* chicken, turkey, pork, lean beef, fish, canned tuna or salmon
- *Beans & Legumes:* all types including pinto beans, black beans, garbanzo beans, lentils
- *Soy Foods:* tofu, edamame
- *Nuts & Seeds:* walnuts, almonds, peanuts, cashews, nut butters, sunflower seeds, pumpkin seeds
- Eggs

Gluten-Free Mixes and Packaged Foods

- *Frozen Foods:* gluten-free waffles, turkey sausage links, gluten-free burritos
- *Gluten-free Cereals:* Chex, Cheerios
- Crackers
- Pancake mix
- Baking mix

General Nutrition Tips

- Try to get 25-30 grams of fiber per day
- Choose whole grains whenever possible (i.e. brown rice vs. white rice)
- Remove the skin on poultry and trim off visible fats from all cuts of meat
 - Limit frying and the use of added fats like butter in cooking
 - Look for low sodium and sodium free options