



Gluten-Free Grocery Store Guide



A publication from the **Celiac Disease Program**
at Children's National Health System

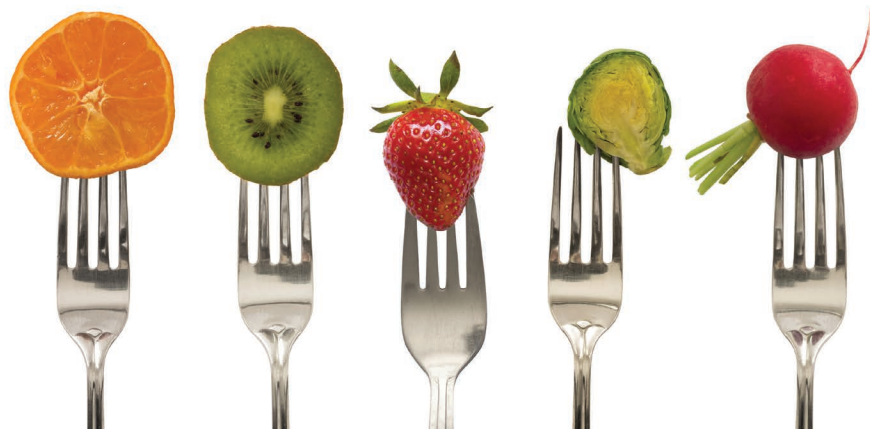


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DISCLAIMER

This Guide is produced by the Celiac Disease Program at Children's National Medical Center (referred to as "Children's National Health System") and contains information readily available at the time of initial publication. This Guide is designed to introduce individuals and families to gluten-free foods and considerations when purchasing gluten-free products.

Care has been taken by the staff of Children's National Health System in compiling the information contained in this Guide and in verifying its accuracy when initially published. Because products can change, users should

read the product labels every time they purchase a product, regardless of how many times they have previously read the same label and found the item safe.

Brands named within this Guide are there as a helpful example. Many other brands and products, including store-branded products, are gluten-free. Children's National Health System does not endorse or recommend any brand referenced in this Guide.

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Navigating the Grocery Store for a Gluten-Free Lifestyle

You know your neighborhood grocery store just like you know your own kitchen. You can be in and out in 10 minutes because you know your favorite cereal is in aisle 10, third shelf from the top. Then one day you're diagnosed with celiac disease or a gluten intolerance, and that very same store that you could zip through on autopilot instantly morphs into a place you hardly recognize.

But don't fret! Now is the time to step into your grocery store and view it as a portal to health and wellness. With a little patience and an open mind, your gluten-free lifestyle will become second nature in no time.

The biggest immediate change is that you're constantly going to be reading food labels, and on each label, you'll be looking for these three ingredients: **wheat, rye, and barley**. Wheat, barley, and rye are easy to spot, but thanks to modern food science, sometimes they're hidden in food additives, so you need to be extra savvy.

The good news is, more companies are now labeling their products gluten-free or including a list of allergens. Look for the labels first to save time, and if you can't find them, scour the ingredients list. If there are ingredients you can't identify for sure, look for an alternative.

You also may sometimes see a label that reads, "This product was made on equipment shared with wheat." That label doesn't necessarily mean the product has wheat in it, but it does mean your almonds or peanut butter may have traveled down the same conveyor belt that was used with a wheat-containing product and could have been contaminated. To be safe, steer clear of these items until you've had the opportunity to contact the company for more information.

Finally, many gluten-free specialty foods are filled with extra butter, shortening and sugar to make the products taste better. This means added fat and calories. Please be sure to always check the nutritional properties of a particular brand to decide if it's the right choice for your family. It also may be helpful to speak with a skilled dietitian to address your family's personal nutritional needs and find the foods that will work best for each individual in your home.

Let's head into the grocery store!

Shopping the Perimeter: **Produce, Meats, Deli, and Dairy**



While you're adjusting to your new diet, it's best to hang out along your grocery store's perimeter or what we like to call the "safety zone." It's the best place for the gluten-free consumer to start shopping because it's where most stores keep their natural, unprocessed, whole foods like produce, dairy, and meat.

When you enter most grocery stores, you're typically greeted by fresh fruits and vegetables - our first stop on the perimeter tour. All fresh fruits and vegetables are naturally gluten-free, which makes the produce section a stress-free stop. Not only do these whole foods pack a nutritious punch, but the dishes you can create from this section alone are endless.

The next stops on the perimeter tour are usually the meat, poultry, and seafood sections. These items also are completely gluten-free in their natural state, meaning they came straight to the store from the barnyard, ocean, or river. Chicken breasts, baby back ribs, salmon, steaks, pork chops, shrimp, and eggs—to name just a few items—are all on the menu. If you're getting your meat from the deli counter, however, ask to see the label on the meat or refer to the brand's website, as gluten is a common filler in deli meat. *Boar's Head* products



are always safe, as their entire line is gluten-free, and *Deitz and Watson* also offers over 400 gluten-free products. *Applegate* is another widely available brand that offers a variety of gluten-free products including deli meats, packaged bacon, and sausages. Their website has an easy-to-use filtering tool, which can help you explore their gluten-free line. You also will see *Oscar Meyer's Natural* line of deli meats, which are free from gluten and have no artificial ingredients or preservatives.

Moving along to the dairy section, you'll strike gold here too. Dairy is naturally gluten-free, which means that natural milk, yogurt, cheese, sour cream, and butter are all still options for you. When it comes to yogurt, many brands have made an effort to clearly label gluten-free varieties including *Yoplait*, *Chobani*, *Dannon*, *Cabot*, *Stonyfield Farms*, *Fage*, *Alpina* and *Voskos*.

THINGS TO WATCH OUT FOR

Even though the perimeter of the grocery store is loaded with gluten-free options, there are still a few products that you need to watch out for. Avoid any marinated or flavored items in the meat and seafood sections. Pre-packaged items could be soaking in a marinade that contains wheat, barley, or rye. This also goes for bacon, sausage, and hot dogs. One of the most common ingredients in marinades is soy sauce, which in many cases contains wheat, so be on the lookout for this ingredient on nutrition labels. There are a lot of gluten-free options, but they will be mixed on the shelf, so be sure to check the ingredients.

You also will need to avoid many imitation meats, like imitation crab (most often found in California rolls) and seitan, which also is known as the vegetarian wheat meat. Tempeh, another soy-based meat substitute, is hit or miss – some flavors are gluten-free and some are not.

When it comes to deli meats, the safest option is to select pre-sliced and packaged meats. Slicing machines in the store may have previously cut gluten-containing meats and/or cheeses causing cross-contamination. To prevent a problem, either ask for the slicer to be cleaned first, or choose a variety that is pre-sliced and packaged.

In the dairy section, be cautious with any items that are flavored or have something you can mix in, like a granola topping. There are so many gluten-free options here, and you won't have trouble finding an alternative.



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Breezing through the **Baking Aisle**



When most people are first diagnosed with celiac disease or a gluten sensitivity, they immediately focus on missing baked goods. The good news is that there are so many safe options.

As you walk down the baking aisle, you will find a wide variety of options to substitute for traditional gluten-filled flours. Safe grain flours for baking include brown and white rice flour, sorghum, corn, millet, and teff flour. Safe non-grain flours include buckwheat, quinoa, soybean, chickpea, and almond flour. You also will find a variety of safe starches such as cornstarch, potato starch, and tapioca starch. *Bob's Red Mill* offers an array of these individual flours and starches and they are widely available. You also will find fantastic mixes, individual flours, and blends from companies like *King Arthur Flour*, *Namaste Foods*, *Arrowhead Mills*, *Pamela's*, *Betty Crocker* and *Glutino* to name a few!

All of these flours have slightly different weights, so finding a good balance in your favorite recipes may take some experimentation. You also may need to supplement your recipes with xanthan gum or guar gum, which act as a "glue" in gluten-free baking. If you find yourself in the baking aisle wondering why you can't find these gluten-free flours or gums, they may be in your store's health food section, separate from the larger baking aisle. Don't hesitate to ask a store manager for guidance while you get your bearings, as each store is set up differently.

ALL-PURPOSE GLUTEN-FREE FLOURS

While you're baking from scratch, you can always opt for the convenience of pre-mixed, all-purpose gluten-free flour. There are many brands to choose from including blends from *Pamela's Products*, *Enjoy Life Foods*, *123 Gluten-Free*, *Cup4Cup*, *Gluten-Free Pantry*, *Better Batter*, *Mina's Purely Divine*, *Bob's Red Mill*, *Namaste*, *Arrowhead Mills*, *Domata Living*, to name a few.

GLUTEN-FREE BAKING MIXES

If you're in the market for a ready-to-bake item, you'll find gluten-free mixes available for just about everything from cookies, cakes, pie crusts, and pancakes to bread, muffins, and pizza dough. The demand for these items is becoming so great that even well-known baking companies like *Betty Crocker*, *Bisquick*, and *King Arthur Flour* are now producing gluten-free mixes. Other brands with mixes you



can try include *Enjoy Life Foods*, *123 Gluten-Free*, *Kristen's Gluten-Free*, *Pamela's Products*, *Mina's Purely Divine*, *Namaste*, *Gluten-Free Pantry* and *Wholesome Chow*.

Luckily, many other staples of baking like sugar, baking powder, baking soda, and yeast are all naturally gluten-free. You may have to do a bit of pre-store research and experimentation, but you'll be making all your favorites in no time!

THINGS TO WATCH

There will be many wheat-based products in this section. Pay attention to how your store organizes their baking products. Many stores shelve their baking flours and mixes by company. It's likely a company that has both gluten-free and gluten-containing products will be side-by-side on the shelf. It's easy to see gluten-free on one package, and in a rush, assume the one next to it is gluten-free as well. Always double check the labels!

Safe grain flours for baking include brown and white rice flour, sorghum, corn, millet, and teff flour. Safe non-grain flours include buckwheat, quinoa, soybean, chickpea, and almond flour.

If you find yourself in the baking aisle wondering why you can't find these gluten-free flours or gums, they may be in your store's "health food" section, separate from the larger baking aisle

Choosing Gluten-Free Cereals and Snacks



When we think of eating gluten-free, we often think in terms of preparing full meals and all of the different ingredients that we'll need, but what about when you get that afternoon snack craving, need some treats for a child's lunch, or want a quick bowl of morning cereal? We're big on snacking, so trust us, there are plenty of satisfying gluten-free choices on the market.

We're big on snacking, so trust us, there are plenty of satisfying gluten-free choices on the market. This section helps you choose prepared cereals and snack foods as well as naturally gluten-free snacks like fruits and vegetables.

CEREALS

Many cereals on the shelves today contain gluten. However, there are a number of great brands to choose from to make sure your breakfasts stay hearty and convenient.

General Mill's Chex has a line of gluten-free crispies with a variety of flavors including corn, rice, honey nut, chocolate, cinnamon, and apple cinnamon. There also are a number of hot cereal and granola options. *Cheerios* has converted most varieties to gluten-free including original, honey nut, multi-grain, strawberry, apple cinnamon, frosted, and even the seasonal pumpkin spice. *Bob's Red Mill* sells gluten-free oatmeal and *Arrowhead Mills* sells a hot breakfast cereal called *Rice & Shine* that is similar to grits. *Nature's Path EnviroKids* sells several gluten-free cereal flavors including crunchy maple sunrise blend, crispy rice cereal, fruit sweetened corn flakes and crunchy vanilla sunrise flakes, as well as a variety of granolas and hot cereals. Finally, *Glutino* offers four cereal flavors including honey nut 'o's, apple cinnamon 'o's, and frosted flake bites.

Bakery on Main and *Glutenfreeda* offer great cereal, oatmeal, and granola options. *Bakery on Main* now offers four varieties of microwave-ready oatmeal including mouthwatering flavors like carrot cake, blueberry



scone, strawberry shortcake, apple pie, and maple multigrain muffin. Packed with ancient grains like quinoa, amaranth, flax meal, and chia seeds, they're a great source of healthy whole grains.

A few words of caution on oats: In their natural form, oats are gluten-free. However, it is difficult in the United States for the manufactures to guarantee that oats are not contaminated with gluten during processing, storage, or transport. There are several companies in the United States that manufacture safe gluten-free oats in dedicated facilities. Please discuss consumption of oats with your dietitian before introducing them to your diet.



PRETZELS, CRACKERS, FRUIT SNACKS, AND CHIPS

Pretzels and Crackers are easily a first choice for snacking. *Snyder's of Hanover*, *Utz*, *Snack Factory*, and *Glutino* all sell pretzels that you would absolutely never know are gluten-free. They come in a variety of flavors and shapes. *Mary's Gone Crackers* also has a line of gluten-free pretzels, including a whole grain everything pretzel that is nutritious and crunchy. If you're in the mood for cheese and crackers, *Glutino* has a line of flavors like cheddar, multi-grain, vegetable, and original. *Schar* sells gluten-free bread sticks and several types of crisp breads and table crackers. You also can find *Crunchmaster* multi-grain crackers and their cheesy bites as well as the *Back to Nature* and *Blue Diamond's* gluten-free crackers. *Mary's Gone Crackers* packs a healthy punch into all of their products with grains and seeds. Five varieties of crackers (original, onion, caraway, black pepper, and herb) and three flavors of pretzels (sea salt, chipotle, and tomato and curry) are baked with whole grain brown rice, quinoa, flax, sesame seeds, amaranth, millet, and chia.

In their natural form, oats are gluten-free; however it is difficult in the U.S. for the manufactures to guarantee that oats are not contaminated with gluten in processing, storage or transport.

Even if a cereal is advertised as being made with rice, always double check the label to be sure it does not contain wheat, barley, or rye.

FRUIT SNACKS

Betty Crocker's Fruit Gushers in strawberry, watermelon, and tropical fruit are all gluten-free, as are the strawberry and berry cool punch fruit roll ups. *Fruit Roll-Ups* in simply fruit strawberry and wildberry flavors are gluten-free as are *Ocean Spray's* fruit shapes gummies, which are made with real fruit juice. *Annie's* offers a line of organic, gluten-free fruit snacks if you're looking for a healthier gummy treat.



CHIPS

There are plenty of mainstream brands and flavors of chips that are gluten-free. Plain tortilla-style corn chips are almost always a safe bet. *Tostitos Restaurant Style Tortilla Chips*, *Scoops*, *Blue Corn Chips*, *Yellow Corn Chips*, and *Rounds* are all gluten-free. *Mission* tortilla chips are another great gluten-free option. Pair any of those with gluten-free salsa or guacamole and you have a great party snack. *Lay's* offers a wide variety of gluten-free chips like classic potato, original potato, thick cut sea salt, and baked original, as well as many flavors of *STAX* like salt and vinegar, sour cream and onion, barbecue, cheddar, and even pizza. *Terra* vegetable chips are another great brand and offer a wide variety of gluten-free options. All *Kettle Brand* chips are gluten-free, and they have many flavors from which to choose. A majority of *UTZ* brand chips are gluten-free including regular, plain, reduced fat, BBQ, Carolina BBQ, sour cream and onion, salt and vinegar, salt and pepper, cheddar and sour cream, crab, honey BBQ, and onion and garlic. *Enjoy Life Foods* offers *Plentil* chips in a variety of flavors like margherita pizza, garlic parmesan, and sea salt, which are made from lentils. They taste like standard potato chips, but are packed with nutrients. These chips are available in most mainstream grocery stores as well as in nearly every roadside rest stop shop.

Rice cakes and crunchy bites come in every gluten-free shape and size. Lundberg has a huge line of gluten-free rice cakes and rice chips in a variety of different flavors. You can try rice cakes with peanut butter and bananas for a quick breakfast. *Pirate's Booty* products are gluten-free and are a much healthier substitute for a traditional cheese puff snack. Air-popped popcorn is a very healthy gluten-free snacking option as well such as *Orville Redenbacher's* whole corn kernels.

THINGS TO WATCH

Many cereals today are flavored with malt, which is not gluten-free. Even if a cereal is advertised as being made with rice, always double check the label to be sure it does not contain wheat, barley, or rye. When choosing chips and snacks, it's best to start with brands you know you can trust. There are many brands and flavors on the market, and it can take time to become familiar. While this is not always the case, usually the more complex a chip flavor, the greater the possibility that it contains gluten.

Frozen Food Aisles



Many specialty gluten-free products need to be frozen to preserve their shelf life and help them retain moisture and freshness. That makes this section an exciting place to explore if you're sensitive to gluten.

The most basic items you'll come across in this section are frozen fruits, vegetables, meats, and fish. Remember, all fruits, vegetables, and unprocessed meats are naturally gluten-free. Double check to be sure they haven't been packaged with any gluten-containing flavor packets, seasonings, breading, or sauces.

Many shoppers come to the frozen food aisle to grab the ultimate convenience food: frozen dinners. If that's something you're in the market to buy, it's okay. There are plenty of gluten-free microwavable dinners as well.

FROZEN MEALS

Amy's brand products are a great choice. They offer a variety of ready-to-heat meals like stir-fry and rice bowls, shepherd's pie, burritos, baked pastas, enchiladas, lasagnas, and tofu scramblers. *Gluten-Free Café* also sells a variety of savory frozen meals including pasta primavera, fettuccini alfredo, Asian noodles, lemon basil chicken, and chicken pilaf. *EVOL* offers a line of frozen gluten-free burritos (shredded beef-, chicken-, or guacamole-filled), as well as a line of frozen meals including a chicken enchilada bowl, vegetarian bean and cheddar bowl, steak bowl, and chicken teriyaki bowl. You'll also find many options for gluten-free frozen pizzas from companies like *Freschetta*, *California Pizza Kitchen*, *Smart Flour Foods*, *Amy's*, *Udi's*, *Glutino*, *Foods by George* and *Against the Grain*.



Double check frozen foods to be sure they haven't been packaged with any gluten-containing flavor packets, seasonings, breading, or sauces.

The gluten-free chicken fingers from *Bell and Evans* are a nutritious, kid-friendly snack to keep on hand. *Golden Platter* offers a variety of kid-friendly gluten-free chicken nuggets including those shaped like *Frozen* characters, zoo animals and space travelers. Chicken nuggets are also available from *Ians*, *Applegate Naturals*, *Tyson's*, *Saffron Road* and *Perdue*. *Dr. Praeger's* also makes gluten-free California veggie burgers and potato crusted fish fillets and sticks, which are perfect as finger foods. If you'd like to add a side of fries, many of *Ore-Ida's* frozen French fries and tater tots are gluten-free.

FROZEN BREADS

You will find quality gluten-free options for sandwich bread, bagels, muffins, baguettes, hamburger buns, English muffins, and wraps. A few of the more popular brands include *Udi's*, *Rudi's*, *Food for Life*, *Glutino*, *Schar*, and *Foods by George*. In fact, there are so many of these products available, you may have to conduct your own taste test to find your favorites.

SWEET TREATS

Last but not least, what would a frozen food aisle be without sweet treats? *Van's* makes gluten-free waffles, French toast sticks, and pancakes, and *Glutino* offers bakery-style donuts for a decadent breakfast treat. If

it's dessert you're after, there are several brand-name ice creams that offer gluten-free flavors. *Edy's* is a great option, and their website clearly states which of their products are gluten-free. *Breyer's* also has a new line with over 30 flavors of gluten-free ice cream. In general, be cautious when there are other treats like cookies mixed into the ice cream as well. Plain flavors are usually a safe bet, but if a certain flavor catches your eye, be sure to check the label.

If you need a treat that is both gluten- and dairy-free, check out the *So Delicious* line of gluten-free products made with coconut, cashew, almond, and soy milks. They offer a wide variety of ice creams and even have a line of gluten-free, chocolate-coated ice cream and fudge bars. If you're craving a traditional ice cream sandwich, you can try *Julie's Organic* gluten-free ice cream sandwich cookies.

THINGS TO WATCH

As in the baking section, pay attention to how your store organizes their frozen products. Many stores shelf their frozen breads and microwavable meals by company. It's likely a company that has both gluten-free and gluten-containing products will be side-by-side in the freezer case. It's easy to see gluten-free on one package, and in a rush, assume the one next to it is gluten-free as well. Always double-check the label.



In an ideal world, we'd cook everything from scratch using only the freshest ingredients, but more realistically, we're busy! There will be days when hours spent in the kitchen is a welcome retreat, but sometimes we need to be able to rummage through the pantry and whip something up in a hurry.

Since the invention of canning, pulling off an unplanned meal has become infinitely easier, and fortunately, the convenience is not lost on us gluten-free diners. There are many gluten-free options straight from the can; grab your openers and head over to the canned goods aisle to check them out.

SOUPS AND CHILIES

Soup can always been enjoyed as a very convenient and affordable meal. Many canned soups contain pasta or use flour as a thickening agent in the broth, so before you go digging through your store's canned goods aisle, it's best to have a few gluten-free brands in mind, and there are plenty!

Gluten-Free Café has a whole line of gluten-free soups including chicken noodle, cream of mushroom, veggie noodle, and black bean. *Amy's* also boasts over 15 different flavors of gluten-free soups. With flavors like Indian golden lentil, Tuscan bean and rice, Thai coconut, and tomato bisque, you'll have no trouble keeping your meals quick and interesting. *Progresso* is another readily available brand that offers several gluten-free flavors of soup - even some that you wouldn't expect to be gluten-free like New England clam chowder; potato, broccoli, and cheese chowder; and chicken corn chowder. Their gluten-free soups are clearly marked, which makes choosing one a breeze. Finally, *Dinty Moore* offers single-serving, microwavable containers of beef stew. These are convenient because they are shelf-stable and easy to take when traveling.



If your store has its own brand, chances are they offer gluten-free options as well. It's okay to buy the store brand, just double check the ingredients to make sure all you're getting are plain beans.

Until you find the brands and flavors you have confirmed are gluten-free, remember to be diligent and always check the label!

Canned chili is another versatile item to keep in the cupboard. It can be eaten alone as a meal, spooned over gluten-free hot dogs, spread over chips and topped with cheese for quick nachos, or served with eggs for a hearty southwestern breakfast. *Amy's* offers a variety of chilies ranging from mild to spicy, which also are good options for those following a vegan diet as well.

BEANS

Incorporating naturally gluten-free beans into your meals is a great way to boost your fiber and protein intake and can make any dish heartier and more filling. We love beans and eat them several times a week, but we usually don't have the time to cook dried beans. Pre-cooked canned beans are our go-to choice.

Black beans are a great addition to any Mexican-style dish, and cannellini beans are perfect for Italian dishes. Kidney beans add bulk to soups and chilies, and chickpeas are an essential source of protein in salads. These are four of the most common bean types used for cooking, but there are many different types of beans to try.

When purchasing canned beans, there are many options to choose from when it comes to added salt. If you prefer no salt added or low sodium options, *Eden Foods* is a great choice. All of their plain canned beans are gluten-free, as are *Goya's Organic* and *Blue Label* canned beans. If your store has its own brand, chances are they offer gluten-free options as well. It's okay to buy the store brand, just double check the ingredients to make sure it's plain beans with nothing added.

If you're in the market for baked beans to go with your barbeque or refried beans to round out a Mexican dish, you have to be a little more cautious. All of *Bush's Best* products are gluten-free and are widely available. They offer plain recipe beans, baked beans, and refried beans. *Eden Foods* and *Amy's* also both sell gluten-free refried beans.

VEGETABLES AND FRUIT

While we always advocate eating fresh fruits and vegetables whenever possible, there are times when having the canned variety on-hand is helpful. The shelf life of canned fruits and vegetables is much longer, and they can make for a quick source of ingredients. Canned items also can prevent waste when you only need a small amount of something for a recipe, like pineapple to toss into a stir-fry or a handful of artichokes to add to a pasta dish.

Canned fruit also is a great option if you're craving something out of season. It can make for a simple dessert on its own or be used in an easy, homemade parfait when mixed with yogurt and gluten-free granola. *DelMonte* and *Dole* are two popular brands you can find in almost any store, and both brands offer a wide variety of gluten-free canned fruits and vegetables. *Green Giant* is another popular brand that clearly labels its gluten-free products. Most store brands will be gluten-free as well, but be sure to double-check the ingredients list, which should be very short on items like these. Try to choose a canned fruit that is packed in juice instead of syrup. This will cut down on your sugar intake, and besides, fruit is sweet enough!

SEAFOOD

If you're a fan of seafood, there are endless options for what can be created using naturally gluten-free canned fish. Tuna is probably the most versatile item from this section. It can be eaten straight from the can, heaped onto gluten-free bread, rolled up in a gluten-free wrap, or even added to gluten-free pasta for a simple tuna noodle casserole. *Chicken of the Sea*, *Bumble Bee*, and *Starkist* are the most popular brands you'll see on store shelves. All of them offer plenty of gluten-free options, as long as the tuna is not flavored or served with crackers. *Wild Planet Foods* also offers a gluten-free canned albacore tuna that has more than 3,000mg of Omega 3 per can and is noted as being lower in mercury.

Chicken of the Sea and *Bumble Bee* also sell canned pink salmon. This item is perfect for adding to salads or making quick salmon cakes for dinner, which sound fancy but are actually quite cheap and easy to make. We also recommend always having a can of whole baby clams in the pantry, such as *Chicken of the Sea*, for adding a punch of protein to pasta dishes. We also like their sardines and often sauté them with veggies and red sauce. It's easy to get creative with canned fish, and at just a few dollars per can, it's easy to stay on budget too.

THINGS TO WATCH

Heat-and-serve canned items like soups and chilies commonly contain gluten, as do many varieties of baked beans and flavored seafood. Until you find the brands and flavors you have confirmed are gluten-free, remember to be diligent and always check the label.



If you're a fan of seafood, there are endless options for what can be created using naturally gluten-free canned fish.

Sauces and Condiments Aisles



We hope by now you're feeling very confident about the amount of gluten-free options you have in your grocery store. Among the produce and meats alone, there are countless recipes you could pull together. However, it's not very often you'll sit down to a dish of dry meat and bare vegetables. Often, the centerpiece of a dish is the sauce, dressing, or condiment that pulls it all together, sets the style of the dish, and makes it delicious to the very last bite. Some stores have entire aisles dedicated these items, and plenty of them are gluten-free.

CLASSIC CONDIMENTS

Luckily, many condiments that are staples in most households - ketchup, mayo, mustard, and relish - are very easy to find in gluten-free options. All of *Boar's Head* condiments are completely gluten-free, so they're always a safe bet. *Heinz* also has a wide variety of gluten-free ketchup, mustard, mayo, and relish. The company's website has an extensive list of their gluten-free products, which can be helpful to glance over before you head to the store. *French's* mustards are another safe choice.

SOY SAUCE AND OTHER ASIAN-STYLE SAUCES

Asian-style sauces are probably the type of sauces that requires the most caution. Many of them contain wheat, including many brands of soy sauce. Soy sauce is used in many Asian cuisines including Chinese, Japanese, Thai, Cantonese, Vietnamese, Filipino and Burmese cooking. However, there are several brands that now offer full lines of gluten-free products. *Thai Kitchen* has a great selection of sauces and curries like spicy Thai chili, sweet red chili, and pad Thai sauce, as does *A Taste of Thai*. *San J* is another brand that sells gluten-free tamari, a seamless substitute for soy sauce, and several sauces great for adding a kick to your stir-fries and rice dishes, like gluten-free teriyaki and Thai peanut sauce. *Kikkoman* also has released a large line of gluten-free sauces including soy sauce, sweet soy sauce, oyster sauce, and teriyaki sauce.



SWEET AND SPICY

There are many brands of hot sauce, salsa, and barbecue sauces on the grocery store shelves. You'll have to be vigilant about reading the labels if you want to try something fancy or new, but there is a plethora of staples in every store that are completely gluten-free.

Chi-Chi's, *Tostitos*, *Pace*, and *Green Mountain Gringo* all offer gluten-free salsas. A few of the more popular hot sauce brands like *Frank's*, *Tabasco*, and *Cholula* offer several gluten-free options as well. To add some sweet and smoky flavor to your grilled meats, you can opt for barbecue sauce from brands like *Stubbs*, *Bone Suckin' Sauce*, *Annie's* and some flavors of *Heinz*.

PASTA SAUCE

Gluten-free pasta sauce is another item that is very easy to find. Several common brands like *Emeril's*, *Classico*, and *Prego* offer a wide variety of flavors beyond the standard marinara. *Emeril's* offers gluten-free flavors like vodka sauce, roasted red pepper, and cacciatore dinner sauce. All of *Classico's* red and white sauces are gluten-free, and *Prego* has delicious flavors like roasted garlic parmesan, fresh mushroom, and three cheese.

SALAD DRESSING

It seems like there's nearly half an aisle of nothing but salad dressing at the grocery store. That's a lot of labels to read, but before long, you'll have a quick list of favorites. To get you started, a few brands that definitely offer gluten-free options include *Newman's Own*, *Hidden Valley*, *Annie's*, and *Ken's*. *Kraft* also is very good at labeling their dressings if they contain wheat, barley, or rye, so an unsafe product is easy to spot.



OIL AND VINEGAR

If you prefer to make your own dressings and sauces at home, you'll no doubt be using a variety of oils and vinegars. Luckily, almost all oil is gluten-free. This includes olive oil, canola oil, coconut oil, and vegetable oil, to name a few. If you're buying flavored or seasoned oil, be sure to double-check the ingredients. There also are plenty of vinegars that are gluten-free such as balsamic, apple cider vinegar, and white and red wine vinegar. Malt vinegar, however, is not safe for the gluten-free diet, so steer clear of that.

THINGS TO WATCH

This section of the store is probably where there will be the greatest mix of gluten-free and gluten-containing products co-mingling on the shelves. Unless your store has a dedicated gluten-free section, you'll have to be diligent about checking labels until you find your favorite brands and flavors. Many sauces and dressings can easily have over 20 ingredients on the label. If you're feeling overwhelmed or there are some ingredients you can't even pronounce, find a safer alternative until you've had an opportunity to do a little more research on the product.

Spreadable Flavors



If you have little ones around, we're sure you're used to cranking peanut butter and jelly sandwiches out left and right. Back when we were kids, it seemed like there was only peanut butter and grape jelly, but now there are all kinds of fun nut and seed butters, jams, jellies, and spreads to creatively join between two slices of bread. Good news for us that many of them are totally gluten-free.

NUT BUTTERS

Peanut butter is generally considered a staple in most households, but if you're in the market for something a little more unique, you're in luck. The shelves of many stores are stocked with almond butter, cashew butter, and pistachio butter, to name a few.

Because nuts are naturally gluten-free, it's easy to find gluten-free nut butters as well. However, with all the new and interesting products available today, it's good to familiarize yourself with a few brands that you know are definitely gluten-free to be safe. A couple of the more popular brands of peanut butter that are gluten-free include *Peter Pan*, *Skippy*, and *Smucker's*. Other gluten-free brands include *Earth Balance*, *Arrowhead Mills*, *Justin's*, *Smart Balance*, *Once Again Nut Butter*, and *MaraNatha*.

MaraNatha offers a great variety of nut butters, including cashew and coconut. Coconut butter is especially versatile. Not only can you cook with coconut butter like you do oil, but you also can spread it on toast, add it to smoothies, and bake with it. *Melt Organic* and *NOW Foods* both make a coconut spread, and *Kelapo* also makes a variety of coconut products including a coconut cooking spray. Use this in place of a traditional non-stick cooking spray.

SEED BUTTERS

Tahini is made from ground sesame seeds and is one of the main ingredients in hummus. However, tahini also can shine on its own. Spread it on crackers, use it as a dip for veggies, or mix it with lemon juice and spices for a quick salad dressing. Some people even use it on sandwiches as you would mustard or enjoy it plain on toast. *MaraNatha* and *Arrowhead Mills* are brands to try that are naturally gluten-free.

For those who are gluten-free and also have a peanut allergy, sunflower seed butter and soy-nut butter are a couple of peanut butter alternatives. *Sunbutter* has an organic sunflower seed butter, and *I.M. Healthy* offers gluten-free soy-nut butter that you can enjoy on toast or in sandwiches. You can even bake with it just like you would with traditional peanut butter.

JELLIES AND JAMS

Gluten-free jellies, jams, and fruit spreads are very easy to find. You also can make homemade jelly and jam from just about any fruit out there, which means it's easy to keep things interesting and put your creativity



to good use. Homemade jams and jellies also cut down on the sugar content of manufactured varieties.

You can mix fruit jelly into your morning yogurt, whip up fun new glazes to wake up your pork chops, or wow dinner guests with a simple appetizer of a sliced gluten-free baguette topped with fig jam and melted brie.

Welch's line of jams and jellies are gluten-free, as are Bionaturae's. All of *Bonne Maman's* preserves and jellies are gluten-free, and they offer interesting flavors like plum, fig, mandarin, and cherry.

DESSERTS

Nutella is a thick, chocolate hazelnut spread that can be used as a decadent addition to sandwiches, breakfast treats, and desserts. We often stir it into oatmeal or pancake batter, add a spoonful to a morning smoothie, or even eat it straight out of the jar. With no artificial colors or preservatives, it's a simple and easy gluten-free treat.



Marshmallow Fluff is another treat that is completely gluten-free. You can add Fluff to peanut butter to make a sandwich or add a scoop to chocolate ice cream, peanuts, and semi-sweet chocolate pieces to make your own version of gluten-free rocky road ice cream.

THINGS TO WATCH

Although the vast majority of nut butters, jams, and jellies are gluten-free, that doesn't mean they all are safe. Until you find brands and flavors you have confirmed are gluten-free, remember to be diligent and always check the label.

On the nutritional side, watch out for the saturated fat content in coconut oil. While this nut oil is cholesterol-free and adds a great flavor to baked goods, don't overdo your portions and consumption of it. To limit your levels of saturated fat, look to blend coconut oil with soybean oil, canola oil, or olive oil.



Foods of the World: Spotlight on Asian Flavors

A big misconception about the gluten-free diet is that it is bland and limiting.

If you're creative and adventurous with your recipes, the opposite can be true.

In the world foods aisle, you can find everything you need to create amazing Asian-inspired dishes to whisk your taste buds away on an adventure right from the comfort of your own home. There are options for nearly every type of Asian cuisine including Chinese, Japanese, Cantonese, Thai, Filipino, Vietnamese, and Burmese foods. Here's a look at some of the ingredients to check out.

NOODLES AND RICE

The base of many Asian dishes is often a type of noodle or rice. White sticky rice is very popular, especially if you're rolling up your own sushi for dinner or whipping up a quick stir-fry. You also can substitute it with brown rice for a healthier alternative, or opt for red or black forbidden rice.

Noodles are widely available and are the star of the show in dishes like pad Thai, Vietnamese pho, and cold noodle salads. There's a wide selection of noodles available that are completely gluten-free, including varieties made with rice, pure buckwheat, mung bean, and even kelp. A few brands you can try are *Annie Chun's* brown rice pad Thai and maifun noodles, which are clearly labeled gluten-free, and *Thai Kitchen's* rice noodles. *Eden Foods* sells a 100 percent buckwheat soba noodle, which is great for cold dishes. Be sure you confirm that it is 100 percent buckwheat because they do sell varieties that are a mix of buckwheat and wheat flour.

KAME sells mung bean threads, commonly known as cellophane noodles, which are translucent and perfect for use in soups or as a filling in summer rolls. Kelp noodles are another interesting gluten-free ingredient to have on hand. They are extremely low calorie and located in the refrigerated section, usually

near the tofu products. They are clear with a crunchy consistency and can be eaten raw or added to a variety of dishes. *Miracle Noodle* and *Sea Tangle* are two popular brands you may come across.

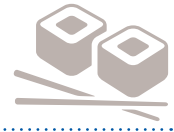
COOKING OILS AND VINEGARS

Now that you've got the gluten-free base of your dish covered, it's time to bring it to life with flavor. There are several oils that are commonly used in Asian-inspired dishes. Chili oil and sesame oil are two of the most popular. *Sun Luck*, *KAME* and *Sushi Chef* all sell these oils in safe gluten-free versions.

There also are several vinegars that are often added to rice dishes and used in Asian recipes and marinades. Rice vinegar, sushi vinegar, and mirin, which is actually a rice-based cooking wine, are most frequently used. *Eden Foods* sells a gluten-free mirin. There are some brands of mirin that do contain wheat, so be sure to check the label. Marukan rice vinegars are widely available, and *Sushi Chef* sells sushi vinegar, which is rice vinegar seasoned with salt and sugar for flavoring sushi rice. When purchasing vinegar in this section, double check the label to be sure the vinegar does not contain malt, which is derived from barley and is not gluten-free.

SAUCES AND SPICES

Soy sauce is probably the most common sauce associated with Asian-style cooking. It's used in almost every country in Asia as a seasoning sauce. Traditional soy sauce does contain wheat, and by default, so does any other sauce that uses soy sauce as an ingredient. Fortunately, gluten-free tamari is widely available. *San-J* sells large bottles of tamari to



stock up as well as travel packets that you can slip into your pocket for meals out. They offer a regular and a lite soy sauce. *San-J* also sells a variety of delicious Asian cooking sauces like szechuan, teriyaki, sweet and tangy, and Asian BBQ. *Kikkoman* now offers gluten-free soy sauces as well.

Fish sauce is another common ingredient used in dishes like pad Thai and fried rice. *Thai Kitchen* sells a gluten-free fish sauce as well as a sweet chili sauce that is a great dipping sauce for dishes like satay and spring rolls. They also sell a line of gluten-free curry pastes and Thai spices that will give a burst of flavor to your dishes. You can experiment with their lemongrass, Thai basil, lime leaves, and chili peppers.

If you're a fan of spicy food, you can try *Huy Fung's* sriracha chili sauce. You can use it to give a kick to almost any dish. Another common spice is wasabi, which is a type of horseradish often served alongside sushi. *Sushi Chef* sells a powdered form of wasabi that you mix with water to make that recognizable paste.

PREPARED DISHES AND SOUPS

If you're craving these flavors but are still practicing your cooking skills, or you need a quick meal without all the fuss, there are many gluten-free, heat-and-serve dishes that can be ready in just a few minutes. Thai Kitchen offers a variety of gluten-free instant noodle soups in flavors like lemongrass and chili, spring onion, and Thai ginger. They also sell a line of take-out meals, but some are gluten-free and some are not. If you're interested in eating one of these, be sure to double check the label. *Amy's* sells several gluten-free dishes in the frozen food aisle including Thai red curry, Thai stir fry, Asian noodle stir fry, teriyaki bowls, and light and lean sweet and sour bowls.

Miso is a popular soup served in many Japanese restaurants as an appetizer. You will find miso packets in your grocery store, but most brands are not gluten-free. *Edward & Sons* is a reliable brand that clearly labels their miso gluten-free and is prepared with the simple addition of hot water.

UNIQUE INGREDIENTS

Unfortunately, the Japanese favorite tempura is made by battering and deep-frying a protein or vegetable, a technique that is not safe for a gluten-free diet. To help enjoy this staple safely, *Hol-Grain* recently developed a gluten-free tempura batter mix. We also like to have spring roll wrappers on hand. Blue Dragon is gluten-free and found in most stores. Made from rice, these papers come in a firm sheet. All you have to do is set them in warm water for a few seconds until they soften, fill them with whatever your heart desires, and wrap them up like a burrito. They can be eaten fresh or deep-fried.

THINGS TO WATCH

Because so many Asian sauces contain soy sauce, you have to be vigilant about checking labels and sticking with brands you trust. The same is true for the varieties of Asian noodles. Many companies will offer both gluten-containing and gluten-free products, so choose wisely. Be careful to ensure that the vinegar you are choosing does not contain malt, and remember that most store-bought miso is not gluten-free. Be mindful if you'd like to try traditional Asian snacks you may find in your store. For example, wasabi is naturally gluten-free, but don't assume popular Asian snacks like wasabi peas also are gluten-free. It sounds like something that would be, but most of them do contain wheat.

Gluten-Free Grocery Store Apps for Smartphones

Gluten-free apps for mobile devices are great resources for managing a gluten-free diet. Going to the grocery store after diagnosis can be intimidating, and these tools can help ease the transition. These are even useful for the seasoned gluten-free consumer as products constantly change, and new items are always debuting on store shelves. However, while they can be useful, take the information with a little skepticism. Sometimes they can have inaccurate information. Always be cautious and use common sense. If in doubt, go without!

Gluten-Free Groceries by Triumph Dining

Cost: \$17.99 | Available in the Apple App Store

Based on their gluten-free grocery guidebooks, this app features over 30,000 product entries. You can search by brand, food category, or specific product. It tells you if something is gluten-free, whether or not it has been confirmed by the manufacturer, and shows warnings from the company about cross-contamination.

Is That Gluten Free?

Cost: \$7.99 | Available on in the Apple App Store

This app provides a searchable database by name or flavor. When you pull up a product, it will show the company's comments about a specific product, including whether or not they can verify if it is gluten-free. If there's an entry that's missing, you can submit it to the company for them to add to their listings in the next update. It also has an ingredient list to remind you that malt flavoring, for example, isn't gluten-free, but xylitol is safe.

Healthy Diet & Grocery Food Scanner by ShopWell

Cost: Free | Available in the Apple App Store

ShopWell is a great app for discovering products that fit your dietary needs. If you scan a gluten-containing product's barcode, it will offer suggestions for alternative products that are gluten-free. You can

view the product's ingredients, as well as its nutrition label. The only trouble is, it doesn't always tell you where you can buy the items you want to try.

Gluten Free Ingredients

Cost: \$0.99 | Available in the Apple App Store and Android through Google Play

This app is the simplest on this list. It is a long list of ingredients and has a check next to the ingredient if it is gluten-free or an x if it isn't. Though there have been a few complaints about the search bar function on this app from reviewers, it's a handy way to carry a running list of gluten-free ingredients to help you read and understand labels quickly in the grocery store.

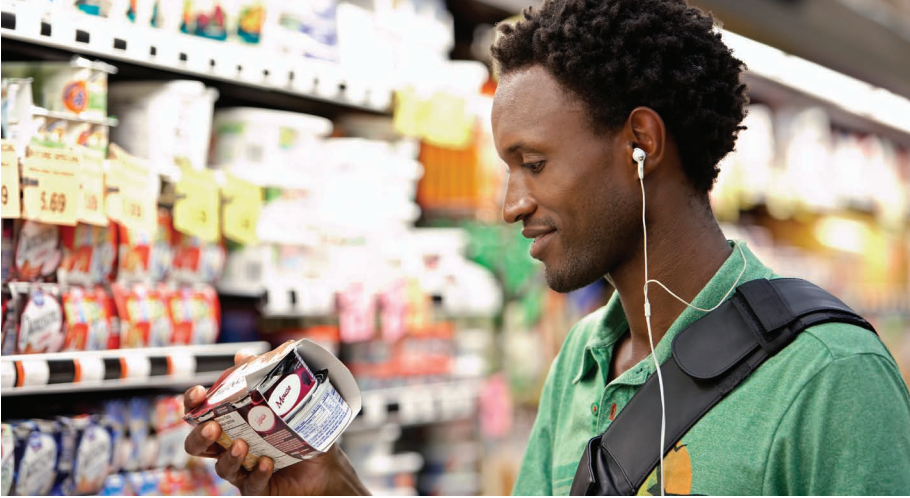
Fooducate - Gluten & Allergies

Cost: \$7.99 | Available on the Apple App Store and on Android through Google Play

Fooducate is geared towards helping you make healthier decisions and achieve a weight loss goal. The Gluten & Allergies version of this app allows you to flag certain food allergies—up to three at a time—that will pop up when you scan an item. The app rates the healthiness of a particular food on an A to D plus and minus scale with whole, unprocessed and unfortified foods receiving the highest scores.



The Bottom Line



ALWAYS, ALWAYS, ALWAYS CHECK THE LABEL. Do research before you go to the grocery store, and if you're unsure about whether or not a product is gluten-free, go without it. There is always an alternative.

Once you get comfortable with this new phase in your life, you'll discover a whole new world full of culinary creativity and choices. Good luck and happy shopping!



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