

GLUTEN FREE SHOPPING GUIDE



build a
better
basket



Market STREET

SAMPLE MENU

Breakfast

- cream of rice cereal with fresh fruit and nuts
- cottage cheese or yogurt with fresh fruit
- egg, cheese and veggie omelet with potatoes and fresh fruit

Lunches & Dinners

- Baked potato with cheese and vegetables
- Corn tortillas with stir fried meat and veggies
- Beef or chicken kabobs with rice
- Stir fried meat and vegetables with rice and wheat free soy sauce (tamari)
- Salad with chopped vegetables and lean meats
- Tuna fish on mixed greens
- Grilled meats or fish, baked potato or rice and vegetables

Snacks

- Plain rice cakes with cheese or peanut butter
- Corn chips with salsa
- Celery or carrot sticks with peanut butter or cream cheese
- String cheese
- Plain popcorn with oil and salt
- Fresh fruit with yogurt or light ice cream

SHOPPING LIST

Veggies/ Fruits

- All plain fruits and veggies are naturally gluten free

Dairy

- All plain, fresh milk, yogurt, and cheese are naturally gluten free

Fats/ Oils

- All plain oils and butter are naturally gluten free

Nuts/ Seeds/ Legumes

- All plain nuts, seeds, beans and peas are naturally gluten free

Lean Meats/ Poultry/ Fish

- All plain, fresh meat and seafood are naturally gluten free

*Double check meat substitutes, imitation seafood and deli meats

Whole Grains

- Gluten free bread
- Gluten free pasta
- Gluten free cereal
- Gluten free crackers
- Quinoa
- Rice
- Wild rice



Check out our Gluten Free aisle and frozen section!

WHY EAT

GLUTEN FREE?

CELIAC
DISEASE

GLUTEN
INTOLERANCE
OR SENSITIVITY

PERSONAL
CHOICE

Look for:

GLUTEN FREE SYMBOL

Certified



Gluten-Free™

GLUTEN FREE

Amaranth, buckwheat, chia, corn, flax, mesquite, millet, montina, quinoa, rice, teff, sorghum, wild rice, white, red, and balsamic vinegar

CAUTION

Malt, if it came from barley. Oats - oats are naturally gluten free but are often contaminated with gluten in the handling process. Look for certified gluten free oats.

GLUTEN FILLED

Wheat, rye, barley, spelt, kamut, ferro, durum, bulgur, semolina, triticale, bran, couscous, einkorn, farina, matzo, mir, orzo, panko, udon, wheat germ/starch

FLOUR ALTERNATIVES



1 CUP
REGULAR
FLOUR

FOURWAYS

1 cup Corn Flour
1 cup Sorghum Flour
1 cup Tapioca Flour
7/8 cup White Rice Flour
5/8 cup Potato Flour
1/2 cup Almond Flour

Gluten CAN HIDE IN:

- Boullions/Broths
- Alcohol
- Dairy Substitutes
- Gravies
- Imitation Seafood
- Licorice
- Natural Flavors
- Salad Dressings
- Soups
- Spice Blends
- Soy Sauce
- Toothpaste
- Vitamins/Supplements

* A flour blend is best for baking * Cornstarch can be used to thicken sauces, soups and gravies.



Source:
National Foundation for
Celiac Awareness

Protein

- Skinless Chicken
- Plain Fish or Seafood
- Lean cuts of beef or pork

*Be careful with breadings, seasonings and marinades.

Carbohydrates

- Corn tortilla
- 1/2 cup rice, quinoa, wild rice, mashed potatoes
- 1/2 cup corn, peas, beans
- Small potato

Vegetables

All plain, fresh, frozen, canned, vegetables are naturally gluten free

- Tomatoes, carrots, bell peppers
- Green beans, broccoli, spinach, squash
- Cucumbers, onions, mushrooms
- Asparagus, artichoke

A Better Diet?
So many healthy foods are naturally gluten free. Make the most of your diet with real, fresh, nutrient dense foods.

UNCLE BEN'S BRN/INSTANT

.185 Per OZ
12.00 OZ



460-096
12PK

LLANO
04/29/11

2.59

05480012001



**WHOLE
GRAIN**

**GLUTEN
FREE**



The higher the score, the better the nutrition

Health tags allow you to quickly identify foods that are helpful for your health condition and preferences.

**DIETITIAN'S
TOP PICK**

**GLUTEN
FREE**

ORGANIC

**LOW
SODIUM**

**HEART
HEALTHY**

**SUGAR
FREE**

**WHOLE
GRAIN**

**100%
JUICE**

FIBER

**LOW
SAT. FAT**

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Gluten Free Shopping List

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