



Children's NationalTM

YOUR GLUTEN-FREE GROCERY STORE GUIDE

You know your neighborhood grocery store like the back of your hand. You can be in and out in ten minutes because you know your favorite ice cream is in aisle 10, second freezer case, third shelf from the top. Then one day you're diagnosed with Celiac Disease or 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.

Before we even head to the store, let's adopt a new mantra: **wheat-, barley- and rye-free for a healthier me!**

Now recite it in the car on the way to the store, in the parking lot, and once you walk through those automatic doors. You're going to be reading food labels and, on each label, you'll be looking for these three ingredients. 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 as

"gluten-free" or are including a list of allergens. Look for the labels first to save time. If you can't find them, scour the ingredients list. If there are ingredients you can't identify for sure, look for an alternative.

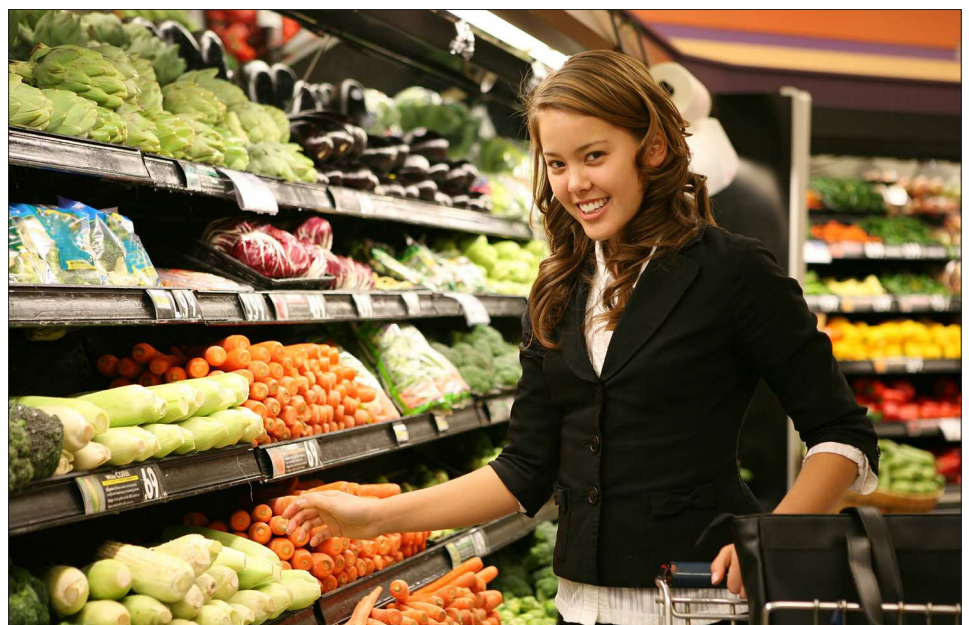
You may also sometimes see a label that says, "This product was made on equipment shared with wheat." That label doesn't necessarily mean the product has wheat in it, but it does mean your almonds or peanut butter may have traveled down the same conveyor belt as a wheat-containing product, potentially causing contamination. Just 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 loaded with extra fat and calories. Some companies add additional butter, shortening and sugar to make products taste better.

Please be sure to always check the nutritional properties of a particular brand before deciding if it's the right choice for your family. It may also 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 are also 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 more than 400 gluten-free products.



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 a huge effort to clearly label gluten-free varieties, including **Yoplait, Chobani, Dannon, Cabot, Stonyfield Farms, Fage, Alpina** and **Voskos**.

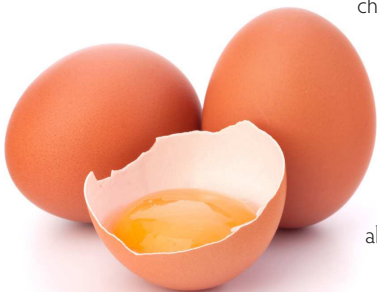
THINGS TO WATCH OUT FOR

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, so remember your mantra! **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 most 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'll also need to **avoid many imitation meats**, like imitation crab (most often found in California rolls) and Seitan, which is also known as the vegetarian wheat meat. Tempeh, another soy-based meat substitute, is hit or miss: Some flavors are gluten-free and some aren't.

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. But there are so many gluten-free options here you won't have trouble finding an alternative.



BREEZING THROUGH THE BAKING AISLE

Drum roll, please! We have arrived at the baking section. When most people are first diagnosed, they immediately focus their sorrow on baked goods. We've been there and can totally relate, but there are just so many options now we don't want for anything, and neither will you!

As you meander down the baking aisle, you will find a wide variety of substitutions for traditional wheat flour. 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 will also 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.



All of these flours have slightly different weights, so finding a good balance in your favorite recipes may take some experimentation. You may also 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 practicing baking from scratch, you can always opt for the convenience of pre-mixed all-purpose gluten-free flour. There are so many brands to choose from now, including blends from **Pamela's Products, 123 Gluten-Free, Gluten-Free Pantry, Better Batter, Mina's Purely Divine, Bob's Red Mill, Namaste, Arrowhead Mills, Domata Living, Jules Gluten-Free**, to name just 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 great mixes to check out include **123 Gluten-Free, Kristen's Gluten-Free, Pamela's Products, Mina's Purely Divine, Namaste, Gluten-Free Pantry** and **Wholesome Chow**.



Luckily, many other **baking staples 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 OUT FOR

Obviously, there will be many wheat-based products in this section. Our biggest word of caution is to **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 quite easy to see gluten-free on one package and, in a rush, assume the one next to it is gluten-free as well, so always double check!

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 a quick bowl of morning cereal? We're big on snacking, so trust us: There are plenty of gratifying gluten-free choices on the market! Ahead, we're spotlighting prepared cereals and snack foods, but don't forget about 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 delicious line of gluten-free crispies with a variety of flavors including Corn, Rice, Honey Nut, Chocolate, Cinnamon and Apple Cinnamon. There are also a number of hot cereal options. **Bob's Red Mill** sells gluten-free oatmeal, and **Arrowhead Mills** sells a hot breakfast cereal called Rice & Shine that is similar to grits.

Kellogg's also released gluten-free Rice Krispies, so be sure to keep an eye out for the yellow box of Rice Krispies! **Nature's Path** **EnviroKids** sells several gluten-free cereals 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 cereals that remind you of all-time favorites like 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 that actually taste good.

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 manufacturers to guarantee that oats are not contaminated with gluten in 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 AND CRACKERS

Pretzels and Crackers are easily a first choice for snacking. **Snyder's of Hanover** and **Glutino** both sell pretzels that you would absolutely never know are gluten-free — they're that good. If you're in the mood for cheese and crackers, Glutino has a great line of flavors like Cheddar, Multi-Grain, Vegetable and Original. **Schar** sells great gluten-free bread sticks and several

types of crisp breads and table crackers. We also love **Crunchmaster** multi-grain crackers and their cheesy bites as well as **Back to Nature** and **Blue Diamond** 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 tomato and curry) are baked with whole grain brown rice, quinoa, flax, sesame seeds, amaranth, millet and chia.



FRUIT SNACKS

Fruit snacks may not be the healthiest treat, but we can all still remember our excitement when we occasionally discovered them in our school lunches. **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** 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

When you get a craving for something crunchy and salty, sometimes you just have to indulge. 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 some 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, 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 so many flavors your cravings will never go unsatisfied! A majority of **UTZ** brand chips are gluten-free, including regular, plain, reduced fat, BBQ, Carolina BBQ, Sour Cream & Onion, Salt & Vinegar, Salt & Pepper, Cheddar & Sour Cream, Crab, Honey BBQ and Onion & Garlic. These chips are available in most mainstream grocery stores as well as in nearly every roadside rest stop shop.



RICE CAKES AND CRUNCHY SNACKS

Rice Cakes & 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. Try rice cakes with peanut butter and bananas for a quick breakfast! **Pirate's Booty** is another favorite brand of ours. Their 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. We always have a jar of **Orville Redenbacher's** whole corn kernels in our pantry.



THINGS TO WATCH OUT FOR

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 just so many brands and flavors on the market it can take time to become familiar. While this is not always the case, **usually the more complex a chip flavor, the more the possibility that it contains gluten.**

FROZEN FOOD AISLE

Many specialty gluten-free products need to be frozen to preserve their shelf life and help them retain their 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. Just double check to be sure they haven't been packaged with any gluten-containing flavor packets, seasonings, breading or sauces. Many shoppers flock to the frozen food aisle to grab the ultimate convenience food: frozen dinners. If that's something you're in the market for, fear not! There are plenty of gluten-free microwavable dinners here as well.

FROZEN MEALS

Amy's offers a variety of ready-to-heat meals like Asian stir-fry, Mexican and Indian 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 Savory Chicken Pilaf. **EVOL** offers a line of frozen gluten-free burritos (filled with shredded beef, chicken or guacamole), as well as a line of frozen meals, including a Chicken Enchilada Bowl, a Vegetarian Bean and Cheddar Bowl, a Steak Bowl and a Chicken Teriyaki Bowl. You'll also find great options for gluten-free frozen pizzas from companies like **Bella Monica Flatbread Company**, **Bold Organics**, **Udi's** and **Against the Grain**.



The gluten-free chicken fingers from **Bell and Evans** are a nutritious, kid-friendly snack to keep on hand, and they are fantastic! **Dr. Praeger's** also makes gluten-free California veggie burgers and potato-crust fish fillets and sticks, which are perfect finger foods. If you'd like to add a side of fries to that, many of **Ore-Ida's** frozen French fries and tater tots are gluten-free.

FROZEN BREADS



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

SWEET TREATS

Last but not least, what would a frozen food aisle be without sweet treats? **Van's** makes delicious 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. Just be cautious when there are other treats like cookies mixed into the ice cream as well. Plain flavors are usually the best bet, but if a certain flavor catches your eye, just be sure to check the label.



THINGS TO WATCH OUT FOR

Pay attention to how your store organizes frozen products. Many stores shelve 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!

GLUTEN-FREE CANNED GOODS

In an ideal world, we'd cook everything from scratch using only the freshest ingredients. We'd stew tomatoes and bottle our own sauces, keep the bones from our roast chickens to boil down into broth, and maybe even pass gluten-free dough through our pasta makers. But let's be realistic — 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 so many gluten-free options straight from the can, so grab your openers and head over to the canned goods aisle to check them out!

SOUPS AND CHILIES

Enjoy soup for lunch or dinner — even when it's warm out. Clam chowder on the beach anyone? It's also 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. Don't worry though, 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 more than 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 great because they are shelf stable, so they're also easy to take along when traveling.



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 nachos, or served with eggs for a hearty southwestern breakfast. **Amy's** offers a variety of chilies ranging from mild to spicy and has good options for those following a vegan diet, too.

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. Beans can easily be used in dishes several times a week, but who really has the time to cook dried beans? Pre-cooked canned beans are definitely a go-to product.

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 just four popular beans, but there are so many different types of beans to try.

While purchasing canned beans, there are many options to choose from when it comes to added salt. If you prefer the "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 OK to buy the store brand — just double check the ingredients to make sure all you're getting are plain beans.

If you're in the market for baked beans to go with your barbecue 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, so this is a great brand to seek out. **Eden Foods** and **Amy's** also both sell gluten-free refried beans.

VEGGIES AND FRUIT

While we always advocate eating fresh fruits and vegetables whenever possible, there are times having the canned variety on hand is great. The shelf life is obviously much longer and can make for a quick source of ingredients. Canned items can also prevent waste when you just 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. Sometimes, there are also some veggies that we just don't have the energy to mess with regularly. We love beets in our salads, but popping open a can over the sink is admittedly easier than creating a messy scene in the kitchen dicing up a fresh one!

Canned fruit is also a great option if you're craving something out of season. It also can make for a simple dessert on its own or as an easy homemade parfait when mixed with yogurt and gluten-free granola. **DelMonte** and **Dole** are two popular brands you can find in most any store, and both 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 — just double check the ingredients list, which should be very short on an item like this. Try to choose a canned fruit that is packed in juice instead of syrup. This will cut down on your sugar intake. 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 common 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, which is greatly underrated. It's 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 Chicken of the Sea whole baby clams in the pantry 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 a pop, it's easy to stay on budget, too!

THINGS TO WATCH OUT FOR

"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!

SAUCES AND CONDIMENTS

Often, the centerpiece of a dish is the sauce, dressing or condiments that pull it all together, set the style of the dish and make it delicious to the very last bite. Some stores have entire aisles dedicated to 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 gluten-free. 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. **French's** mustards are another good choice.

SWEET AND SPICY

There are so 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's a plethora of staples in every store that are 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, opt for barbecue sauce from brands like **Stubbs**, **Bone Suckin' Sauce**, **Annie's** and some flavors of **Heinz**.

PASTA SAUCES

Gluten-free pasta sauce is another item that is very easy to come by. Several mainstream brands like **Emeril's**, **Classico** and **Prego** offer a wide variety of flavors beyond your typical 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

You'll soon have a quick list of favorites, but 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** is also very good at labeling dressings if they contain wheat, barley or rye, so an unsafe product is easy to spot.

OIL AND VINEGAR

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, that's when you have to be sure to double check the ingredients. There are also 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 OUT FOR

This section 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 more than 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

The sight and smell of a peanut butter and jelly sandwich instantly transports us back to the cafeteria in elementary school, where they were a daily staple. These days, PB&Js are made with gluten-free bread (crust on, please) and are more of a sporadic treat.

If you have little ones around, we're sure you're used to cranking these 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 connect two slices of bread. Good news for us: Many of them are totally gluten-free!

NUT BUTTERS

Peanut butter is generally considered to be 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 a cinch 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 in case you're ever in a pinch. 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. The cashew and coconut butters are really tasty. Coconut butter is gaining in popularity, especially considering how versatile and delicious it is. Not only can you cook with coconut butter like you do oil, but you can also 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, we think tahini can also shine all 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 good brands to try that are naturally gluten-free.

For those who are gluten-free and also have a peanut allergy, a couple of great peanut butter alternatives are sunflower seed butter and soy-nut

butter. **Sunbutter** has a great organic sunflower seed butter, and **I.M. Healthy** is a good choice for 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

Jellies, jams and fruit spreads are very easy to find with gluten-free stamps of approval. You can also 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.

Think outside the gluten-free bread box and mix some 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 some really interesting flavors like plum, fig, mandarin and cherry.

FUN STUFF

If you haven't tried **Nutella**, run to your nearest grocery store this very moment, buy some and thank us later. This thick chocolate-hazelnut spread is 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 (don't judge) eat it straight out of the jar. With no artificial colors or preservatives, it's a gluten-free treat that always has a home in your kitchen cabinet. **Marshmallow Fluff** is another special treat that is completely gluten-free. There's nothing quite like a fluffernutter sandwich (the divine joining of Fluff and peanut butter) to instantly put a smile on your face. You can also add a scoop of Fluff 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 OUT FOR

Though most nut butters, jams and jellies are gluten-free, that doesn't mean they all are. Until you confirm that brands and flavors are gluten-free, stay 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 great flavor, don't overdo consumption of it. Steer clear of high saturated fat levels by blending coconut oil with soybean, canola or olive oil.



GLUTEN-FREE FOODS OF THE WORLD

SPOTLIGHT ON ASIAN FLAVORS

Don't think for one minute that being on a gluten-free diet means you have to sacrifice your adventurous palate. A big misconception about gluten-free foods is that they are bland and limited. In fact, we've found the opposite to be true. We've actually become more creative and adventurous in the kitchen, which has resulted in an array of fabulous recipes. Let's head to the world foods aisle, which houses everything you could possibly need to create an amazing Asian-inspired dish to whisk your taste buds away on an adventure right from the comfort of your own home!

RICE AND NOODLES

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 can also always substitute it with brown rice for a healthier alternative, or even be a bit daring and opt for red or black forbidden rice.

Asian 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 to check out 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. Just be sure you check 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 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 are also several vinegars that are often added to rice dishes and used in Asian recipes and marinades. Rice vinegar, sushi vinegar and Mirin, 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 if you're going to try another brand. **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 cooking. **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** is a go-to brand, and they sell large bottles for your cupboard 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 a gluten-free soy sauce 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. Experiment with their lemongrass, Thai basil, lime leaves and chili peppers!



If you're a fan of spicy food, you should try **Huy Fong** Sriracha Chili Sauce because it might become your new favorite staple. You can use it to give a kick to almost any dish. Another common Asian spice is wasabi, which is a type of horseradish often served alongside sushi. **Sushi Chef** sells a powdered form that you mix with water to make that recognizable paste. Just take it slow at first with wasabi or you'll completely clear out your sinuses!

PREPARED DISHES AND SOUPS

If you're craving Asian food but are still practicing your cooking skills, or 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, so if you're interested in one of these, be sure to double check. **Amy's** sells several gluten-free Asian 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 Asian 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

Before our gluten-free days, one of our favorite things to order at Japanese restaurants was tempura, a dish of seafood or vegetables that have been battered and deep-fried. **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 the brand we find most often in 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 OUT FOR

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 mindful that the vinegar you are choosing does not contain malt and remember that most store-bought miso is not gluten-free. Be careful if you'd like to try some 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 are also gluten-free. It sounds like something that would be, but most of them do contain wheat.

GLUTEN-FREE ON THE GO



Gluten-free apps for smartphone devices are great resources for managing a gluten-free diet. We know going to the grocery store after diagnosis can be a little intimidating, and these tools can help ease the transition. They are even useful for the seasoned gluten-free consumer because 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, so be cautious and use common sense. If in doubt, go without!

GLUTEN-FREE GROCERIES BY TRIUMPH DINING

Cost: \$17.99

Available on: Apple

Based on their gluten-free grocery guidebooks, this app features more than 30,000 product entries. You can search by brand, food category or specific product. It tells you if something is gluten-free, whether 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: Apple

This app, much like the one by Triumph Dining, 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 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.

HEALTHY DIET & GROCERY FOOD SCANNER BY SHOPWELL

Cost: Free

Available on: Apple

ShopWell is a great app for discovering products that fit your dietary needs. If you scan a gluten-containing product's bar code, 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 on: Apple & Android

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: Apple & Android

Fooducate is geared toward 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 ON GLUTEN-FREE SHOPPING

Always, always, always check the label. Do your research before you go to the grocery store, and if you're unsure about whether 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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