

GLUTEN-FREE SHOPPING LIST FOR BEGINNERS

This shopping list will guide you in purchasing the foods that are absolutely gluten-free.

FRUITS & VEGGIES



- All vegetables (tinned, canned, raw, pickled and fresh)
- All fruits (tinned, frozen, canned, raw and fresh)

ANIMAL PRODUCTS



- Meat
- Beef
- Eggs
- Bacon
- Ham
- Poultry
- Gammon
- Fish

DAIRY PRODUCTS



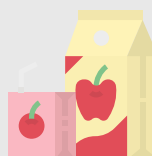
- Butter
- Cheese
- Fromage fais
- Sour cream
- Buttermilk
- Yogurt
- Whipped cream
- Milk
- Cream

GRAIN AND CEREALS



- Gluten-free cereal
- Gluten-free pasta
- Rice
- Flax
- Rice crackers
- Quinoa
- Buckwheat
- Corn tortillas

BEVERAGES



- Coffee
- Cocoa
- Fruit juice
- Wine
- Cider
- Sherry
- Tea
- Spirits

FATS & OILS



- Lard
- Margarine
- Low fat spreads
- Oils
- Ghee

PULSES



- Lentils
- Beans
- Pulses
- Chickpeas

CONDIMENTS



- Jelly
- Spices
- Salad dressing
- Tomato puree
- Garlic puree
- Herbs
- Gluten-free flour
- Cornmeal
- Cornstarch
- Arrowroot powder
- Vinegar
- Shortening
- Xanthium gum
- Syrup

SNACKS



- Popcorn
- Jell-O
- Corn chips
- Dry fruits
- Rice cakes
- Soy crackers
- Seed trail

TIPS FOR SHOPPING GLUTEN-FREE



- ✓ Look for high fiber gluten-free options.
- ✓ Check the labels before purchasing packaged foods.
- ✓ Check certified gluten-free mark on packages.
- ✓ Watch for hidden ingredients.
- ✓ Include naturally gluten-free products like veggies in your diet.
- ✓ Ask for retail assistant's help if you get confused.

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or, treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.