

GLUTEN-FREE SNACK IDEAS

Always check food labels. Look for gluten by reading ingredient lists for hidden gluten; allergen statements for wheat and voluntary manufacturing practices; and facility statements. All grain foods should be manufactured in a GF facility or tested for gluten and be certified gluten-free.

- Fruit juice
- Fresh fruit
- Dried fruit (e.g., raisins, apricots)
- Most canned fruits
- Pumpkin or sunflower seeds (plain or GF flavored)
- Nuts (plain)
- GF Dried fruit and nut mixtures
- Soy nuts (plain or GF flavored)
- GF Corn nuts (plain)
- GF Crunchy Granola
- Celery sticks with GF peanut butter and/or raisins
- Raw vegetables and dip (GF salad dressings/yogurt/cottage cheese)
- GF Popcorn
- GF pretzels
- Plain GF corn tortilla chips, salsa, grated cheese and sour cream
- GF flavored mini or large rice cakes
- GF rice cakes, crackers, GF bagel with hummus, cream cheese and apple slices, or GF peanut butter
- GF rice cakes with peanut butter and jelly, honey or banana
- GF granola or snack bars
- GF muffins
- GF pudding
- Yogurt
- String cheese or cheese slices
- GF soup and GF crackers
- GF crackers and cheese slices
- Nachos made from GF corn chips with melted cheese and salsa
- Celery sticks with cream cheese, peanut butter or cheese spread
- GF pudding, ice cream or yogurt topped with berries and whipped topping
- Baked apples or pears (very tasty and simple to do, goggle for recipe, use GF ingredients)
- GF pretzels and unsalted nuts (with dried fruit for variety)
- Trail mix with GF granola, dried fruits, nuts, and seeds
- GF corn chips with salsa and shredded cheese or with low-fat cheese and sour cream
- Celery sticks, carrot or turnip sticks, peppers, cherry tomatoes, broccoli, or cauliflower with peanut butter, cheese spread, or low-fat cream cheese with raisins
- GF cookie and/or fresh fruit and a glass of milk or enriched GF dairy substitute
- GF brownie with mug of warm, steamed milk or enriched GF dairy substitute
- Full-fat fruit flavored yogurt with fresh fruit and nuts or plain yogurt with chopped fruits, nuts, and small amount of sweetener.

NOTES:

1. Many foods listed here are naturally gluten-free but are listed as “GF” to remind you to check labels (make inquiries, etc) to be sure that the food has not been contaminated in processing.
2. GF starches are typically lower in fiber and protein, and higher in carbohydrates, than their gluten-containing counterparts. Add fiber and protein sources to make up for this difference to meet needs. Beans and Lentils are perfect for this purpose.