

# Gluten-Free Shopping List



The items listed here are not products you are required to purchase, they are ideas to help you get started on the gluten-free diet. Make sure to always read ingredient labels before using products listed here.

## Produce

Fresh Fruits  
Fresh Vegetables

## Meat, Fish, Poultry

Fresh Beef  
Fresh Pork  
Fresh Poultry  
(use caution with self-basting)  
Fresh Fish or Seafood  
Eggs

## Beverages

100% Fruit Juice  
Coffee, Tea, Cocoa  
Soft Drinks

## Fats and Oils

Vegetable and Canola Oil  
Olive Oil  
Shortening

## Dairy

Unflavored Milk  
Cream  
Aged Cheese  
(use caution with processed cheese)  
Most Yogurt  
Butter, Margarine  
Cream Cheese  
Cottage Cheese  
Most Sour Cream

## Frozen Foods

Plain Fruits and Vegetables  
Most Ice Cream, Sherbet  
Most Frozen Yogurt  
Gluten-Free Waffles

## Snacks

Potato Chips  
Corn Tortilla Chips  
Popcorn  
Rice Crackers, Rice Cakes  
Plain Nuts, Seeds  
Pudding  
Applesauce  
Raisins

## Packaged & Canned

Plain Fruits and Vegetables  
Canned Tuna or Chicken  
Canned Beans  
Dried Beans, Lentils, Peas  
Most Baked Beans  
Gluten-Free Canned Soups  
Marinara Sauce  
Gluten-Free Broth or Stock

## Cereals & Grains

Cream of Rice  
Grits  
Puffed Rice  
Plain Brown or White Rice  
Quinoa  
Corn Tacos/Tortillas  
Gluten-Free Bread  
Gluten-Free Oats  
Gluten-Free Pasta  
Gluten-Free Pancake Mix

## Condiments

Jam and Jellies  
Marmalade  
Honey  
Peanut Butter  
Corn Syrup  
Maple Syrup  
Molasses  
Spices and Herbs  
Salt and Pepper  
Relish, Pickles, Olives  
Ketchup  
Mustard  
Mayo  
Salsa  
Pesto  
Distilled Vinegars  
Gluten-Free BBQ Sauce  
Gluten-Free Soy Sauce  
Most Salad Dressing

## Baking

Gluten-Free Flour Blend  
Brown and White Sugar  
Confectioner's Sugar  
Vanilla Extract  
Baking Soda  
Baking Powder  
Corn Starch  
Potato Starch  
Xanthan Gum