

Until you have met with a registered dietitian and are comfortable reading labels, you should always choose products that are labeled gluten free.

This is not a comprehensive list of gluten-free products in each of these food categories. This is intended to get you from diagnosis to your visit with a registered dietitian.

### **Snacks**

Yogurt, fruit, GF pretzels (Snyder's, Ener-G, Snack Factory)

### **Breakfast**

Cereal:  
Envirokidz brand  
Coco Pebbles  
Fruitty Pebbles

Waffles (frozen):  
Trader Joe's GF, Van's Waffles  
Natures Path, GF Eggo

French Toast:  
Ian's (frozen)

Bagels:  
Rudi's  
Trader Joe's

Muffins:  
Udi's, Whole Foods Brand

### **Lunch**

Bread (sandwiches):  
Rudi's, Udi's and Schar

Deli Meats:  
Boars Head  
Stop & Shop  
Land O'Lakes  
Dietz & Watson

Pizza (premade)  
Against the grain  
Amy's

### **Dinner:**

Tacos seasoning:  
McCormick, Old El Paso and Ortega  
Hard Shells: Ortega, Old El Paso

Quesadilla:  
Corn tortillas-Mission brand

Chicken Nuggets:  
Ian's, Applegate Farms,  
Bell & Evans

Hot dogs:  
Hebrew National, Nathan's Famous,  
Oscar Mayer, Wellshire Farms

Rolls:  
Ener-G, Kinnikinnick, Rudi's,  
Udi's, Whole Foods brand