



**Boston Children's Hospital**  
GI / Nutrition Department  
300 Longwood Avenue, Boston, MA 02115  
617-355-2127 - [CeliacKidsConnection.org](http://CeliacKidsConnection.org)

## ***Gluten Products and Their Gluten-Free Substitutes***

If you're recently diagnosed (or even if you're not), and you're hankering for something full of gluten, look at this list for a safe alternative.

Note: always check the label, as some brands have gluten and gluten-free varieties of the same product.

### **Gluten Product**

### **Gluten-Free Substitute**

#### ***Bread Products:***

Bagels	Against the Grain, Glutino, Trader Joes, Udi's
Bread	Canyon Bakehouse, Gluten Free Pantry (mix), Kinnikinnick, Rudi's, Schar, Three Bakers, Udi's, Whole Foods Sandwich Bread
English Muffins	Ener-G Foods, Foods by George, Glutino, Joan's, Kinnikinnick

#### ***Cereals/breakfast:***

Oats	GF Oats -Trader Joe's, Gluten Freeda, Bob's Red Mill
Cream of Wheat	Cream of Rice
Cheerios	Perky O's, Barbara's Honest O's
Rice Krispies	Kinnikinnick Rice Krispies
General Mills Chex	General Mills Rice Chex: cinnamon, vanilla, chocolate, apple & corn
Other Cereal	Enviro Kidz: Amazon Frosted Flakes, Gorilla Munch, Peanut Butter Panda Puffs, Koala Crisp
Pop Tarts	Glutino Toaster Pastry



## **Gluten Product**

Waffles

### ***Cookies/Baked goods:***

Animal Cookies

Chocolate Chip Cookies

Chocolate Chip Cookie  
(dairy case)

Oreos

Brownies

Muffins

### ***Crackers:***

Ritz style

Saltines

Chex Mix

Pretzels

Snack Bars

## **Gluten-Free Substitute**

Eggo, Full Circle GF, Kinnikinnick Trader Joe's,  
Van's, Wegmans

Envirokidz Vanilla Animal Cookies, Glutino  
Animal Crackers, Mi Del Arrowroot Cookies

Archway, Enjoy Life Cookies, Mi-Del  
Chocolate Chips, Pamela's, Trader Joes, Udi's

Dough Pillsbury, Immaculate Baking Company

Schar Chocolate O's, Mi Del: Royal Vanilla Sandwiches,  
Double Chocolate Sandwiches, Mint Chocolate  
Sandwiches, Chocolate Sandwiches, Trader Joe's GF Joe's,  
Kinnikinnick Kinnie Too's, Glutino Chocolate Sandwich  
Crèmes

Gluten Free Pantry Chocolate Truffle Brownie Mix,  
Pamela's Brownies, Trader Joe's, Udi's, Brownie Bites,  
Kino, King Arthur Flour GF Brownie Mix

Udi's: blueberry, cinnamon, lemon, double chocolate,  
Kinnikinnick: chocolate chip muffins, King Arthur mix

Breton GF, Glutino crackers, Milton's crackers, Nut  
Thins

Ener G Crackers, Glutino "table" crackers savory thyme

El's Kitchen

Ener-G Foods, Snyder's, Glutino

Envirokidz, Kind, Kind (oat), Luna protein many  
Think Thins, Pure Bars, Udi's Granola Bars (oat),



## *Gluten Product*

## *Gluten-Free Substitute*

### *Miscellaneous:*

Chicken Nuggets	Wellshire Farms DinoBites, Perdue, Wegmans, Bell & Evans, Ian's
Communion Wafers	Benedictine Sisters
Croutons	Aleia's ,Gillian's
Deli Meats	Boars Head, Dietz & Watson, Stop & Shop brand, Thuman's, Wegmans
Donuts	Kinnikinnick, Glutino, Celiac Specialties
Ice Cream Sandwich	Julie's ice cream sandwich (Whole Foods)
Mac & Cheese	Trader Joe's (frozen and boxed), Annie's (frozen and boxed), Wegmans
Onion Rings	Ian's
Pasta	Barilla, Bionature, DeBoles, Glutino, Jovial, LeVenezia, Schar, Ronzoni, Tinkyada
Pie Crusts	Midel, Pillsbury GF Pie & Pastry dough (dairy), Whole Foods GF pre-made shells (frozen)
Pizza	Frozen: Against the Grain, Amy's, Best Gluten Free, Foods By George, Franchetta, JD's, Ugly Crust Mixes: Chebe Bread, Kinnikinnick, Joan's, Trader Joe's, Udi's
Stuffing	Aleia's, Glutino, Rudi's
Whoopie Pies	Gillian's

