



Gluten-Free Food and Substitution List

Print off this handy substitution list and take it shopping with you or hang it on your fridge.

- I have listed brands for your convenience. I haven't necessarily tried all of these. Also, formulations change so check labels every time you buy a product to be sure it's still safe.
- Product formulations may be different in different countries.
- Know the labelling laws in your country. In Canada all gluten ingredients must be declared on the label.

You can also check the [products page](#) on Naturally Gluten-Free for products I use and recommend.

Beer	<ul style="list-style-type: none">• Most beer is made with barley and is off limits• Try gluten-free beer made with gluten-free grains. Examples include:<ul style="list-style-type: none">• Glutenberg• Helix• Heathen• Microbrasserie• Whistler Brewing Co.• Gluten Removed Beer: Some countries recognized gluten removed beer as safe for celiacs, others like Canada do not. An example is Hufi made in Dublin Ireland.• Try other options like cider. Most hard ciders are gluten-free and some are quite hoppy giving you a flavor reminiscent of beer.
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<p>Beans</p>	<ul style="list-style-type: none"> • Beans are naturally gluten-free; however beans may be cross contaminated with gluten in the fields or in processing so it is recommended to look for a gluten-free claim on the label. • See canned goods section for canned beans
<p>Bread</p>	<ul style="list-style-type: none"> • gluten free bread • gluten-free flatbreads or wraps • rice cakes • skip the bread, instead try: <ul style="list-style-type: none"> • make sandwich ingredients into a salad • put sandwich ingredients into a lettuce wrap • finger foods like fresh veggies, cheese, nuts
<p>Breading or breadcrumbs</p>	<ul style="list-style-type: none"> • cornmeal • gluten free breadcrumbs • mashed potato flakes • gf oatmeal • crushed GF crackers or cereal • crushed nuts like almonds or pecans
<p>Breakfast cereal</p>	<ul style="list-style-type: none"> • Grains are a high-risk item so be sure that any cereal you buy is certified gluten-free • Check the specialty or free-from aisle in your grocery store • Examples include: <ul style="list-style-type: none"> • Gluten-Free oatmeal by Bob's Red Mill or Only Oats (Canada) • Nature's Path Envirokidz • Ancient Harvest Quinoa Flakes • Love Grown Power O's • Nature's Path Crispy Rice



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<p>Cakes, cookies, other baked goods</p>	<ul style="list-style-type: none"> • Check the gluten-free or free-from section in your grocery store. Popular brands include: <ul style="list-style-type: none"> • Glutino • Oreo's Gluten-Free Cookies (be sure to get the gf ones) • Kinnikinnick • Lucy's Gluten-Free Cookies • Search for gluten free bakers in your area, they are becoming more common. • Ask your baker if they can accommodate gluten free. Ensure they consider cross contamination
<p>Canned goods</p>	<ul style="list-style-type: none"> • this is really item by item. Check labels • try fresh or frozen instead • Canned goods that are likely okay, but still check labels are any single ingredient canned fruits or vegetables such as: <ul style="list-style-type: none"> • Canned peas, corn, green beans, tomatoes, tomato paste • Canned peaches, pears, fruit cups, applesauce, pineapple • Caution! Be careful of prepared products like soups, stews, baked beans. Many of these will contain gluten. Soups and stews are covered separately in this document. <ul style="list-style-type: none"> • Baked beans that are gluten-free* include: <ul style="list-style-type: none"> • Amy's • Bush's • Heinz • *This refers to plain baked beans. Companies come out with new flavors and varieties all the time and not all will be gluten-free • Canned beans like kidney, Romano, chickpeas etc. are often cross contaminated with wheat. Look for a gluten-free claim on the label.
<p>Cider</p>	<ul style="list-style-type: none"> • Hard cider will almost always be gluten-free • Sommersby Watermelon flavor uses a wheat-based flavoring. <ul style="list-style-type: none"> • Some examples of gluten-free ciders include:



	<ul style="list-style-type: none"> • Sommersby (except Watermelon) • Strongbow • Grower's • No Boat's on Sunday • Brickworks • Magners • Angry Orchard
Condiments	<ul style="list-style-type: none"> • Most condiments like ketchup, relish, pickles are naturally gluten-free. Check label to be sure. • Some mustards, especially grainy mustards may contain gluten. • Steak sauces and barbecue sauces may contain gluten. See the "sauce" section.
Coolers and pre-mixed cocktails	<ul style="list-style-type: none"> • For gluten-free coolers always check the company's website to be sure if a particular beverage is safe where you live. • Formulations vary by country. Eg. Coolers like Smirnoff Ice that are safe in Canada may not be in the US. • Many coolers in the U.S. are brewed with barley malt. This is less common in Canada.
Crackers	<ul style="list-style-type: none"> • There are lots of gluten free options at the supermarket • rice crackers are a simple favorite and there are many brands • Some other popular ones include: <ul style="list-style-type: none"> • Breton gluten-free crackers • Mary's Gone Crackers • Blue Diamond Nut Thins • Simple Mills Almond flour crackers.
Deli meats	<ul style="list-style-type: none"> • Many deli meats contain gluten so be sure you are choosing a gluten-free option. Brands vary by country. Some popular ones include:



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	<ul style="list-style-type: none"> • Maple Leaf Natural Selections • Freybe's • Buddig • Applegate Natural & Organic Meats • Butterball • Dietz & Watson • Ask at the deli counter, they will know which are gluten-free • Instead of deli meats which contain preservatives like nitrites and lots of sodium, consider cooking a ham or a roast, or a turkey and slicing leftovers for sandwiches.
Fruit	<ul style="list-style-type: none"> • All fresh fruit is naturally gluten-free • Most frozen fruit is naturally gluten-free. Check the label to ensure no gluten ingredients have been added. • Most canned fruit is naturally gluten-free. Check the label to ensure no gluten ingredients have been added. • See the canned goods section for more
Granola bars	<ul style="list-style-type: none"> • There are lots of choices at the supermarket. Here are a few: <ul style="list-style-type: none"> • Annie's • Nature Valley • Made Good • Z-Bar • Enjoy Life • Larabars • Make your own gluten-free granola bars.
Gravy	<ul style="list-style-type: none"> • Gravy is usually thickened with flour. There are several gluten-free choices in the supermarket such as: <ul style="list-style-type: none"> • Club house has a gluten-free version of their gravy packets • Imagine • McCormick's • Simply Organic



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	<ul style="list-style-type: none"> • Make your own gluten-free gravy using gluten-free flour or corn starch.
<p>Meat</p>	<ul style="list-style-type: none"> • All fresh whole cuts of meat are naturally gluten-free • Grain fed meats are naturally gluten-free (grain proteins in animal feed do not pass through to the meat) • If the product is packaged, check the ingredients to be sure no gluten-ingredients have been added. <p>Hamburger Patties</p> <ul style="list-style-type: none"> • Pre-packaged and frozen hamburger patties often have breadcrumbs as a filler. Check labels for gluten-free versions. Some choices include: <ul style="list-style-type: none"> • The Keg Prime Rib Burgers • The Western Family Sirloin Burgers • President’s Choice Free-From Angus Beef Burgers • Patties made in the store are often gluten-free. Check to be sure. • Have your butcher make up gluten-free patties for you. • Make your own gluten-free patties. You can even freeze them if they are made from fresh (never frozen) ground meat. <p>Sausages</p> <ul style="list-style-type: none"> • Pre-packaged and frozen sausages often have breadcrumbs as a filler. Check labels for gluten-free versions. Some brands that have gf choices* include: <ul style="list-style-type: none"> • Al Fresco • Applegate Farms • Bass Farms • Owens • Tennessee Pride



	<ul style="list-style-type: none"> • *be sure to check the package you are buying as not all flavors made by these companies will be gf. • Sausages made in the store are often gluten-free. Check to be sure and ask about cross contamination. • Your butcher may have gluten-free sausages. Remember to ask about cross contamination.
<p>Pasta</p>	<ul style="list-style-type: none"> • Use gluten-free pasta, there lots of choices at the supermarket and online. Some popular ones include: <ul style="list-style-type: none"> • Catelli • Barilla • Annie's • Chickapea • You can also look for single grain pasta's that come under various brands: <ul style="list-style-type: none"> • corn pasta • rice pasta • soba noodles (buckwheat) • chickpea pasta • Asian rice noodles • gluten-free ramen noodles • You can buy or make spiralized vegetables to use as a low carb pasta substitute. Examples include: <ul style="list-style-type: none"> • egg plant • zucchini • spaghetti squash • butternut squash



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<p>Pastry</p>	<ul style="list-style-type: none"> • Check with your grocer, some carry readymade frozen gluten-free pie shells. <ul style="list-style-type: none"> • Kinnikinnick • President's choice in Canada • Bob's Red Mill has a gluten-free pastry mix • Search for gluten free bakers in your area, they are becoming more common • Ask your baker if they can accommodate gluten free. Ensure they consider cross contamination
<p>Pizza / pizza crust</p>	<ul style="list-style-type: none"> • Check your grocer's freezer for gluten-free frozen pizza. There are a few options: <ul style="list-style-type: none"> • Dr. Oetker - Ristorante • Daiya (gluten and dairy-free) • Udi's • Glutino • Udi's has a gluten-free pizza crust you can top yourself • Any gluten-free wraps, tortillas or flatbreads can be used as a pizza crust • Check with your favorite pizzeria, there is a good chance they offer a gluten-free crust. Remember to ask how they guard against cross contamination • Make your own gluten-free pizza crust
<p>Salad Dressing</p>	<ul style="list-style-type: none"> • Most salad dressings contain naturally gluten-free ingredients • Watch for "Asian" style dressings that may have soy sauce • Check labels to be sure • If you're worried about all the mystery ingredients in a lot of salad dressings (ingredients that you can't pronounce) try the organic section. <p>Make your own gluten-free salad dressing</p>



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Sauces

Barbecue Sauce

- Many bottled and canned sauces contain gluten, and many are naturally gluten-free. Check the labels of your favorites to see.
- The most common offending ingredient in barbecue sauce is Worcestershire.
- Diana Sauce is **not** gluten-free. Some safe barbecue sauces include:
 - Bullseye by Kraft / Heinze
 - Stubbs Texas barbecue sauce
 - Kraft Barbecue Sauce
 - Bone Suckin' Sauce
 - Jack Daniel's Sauces (some flavors)
- Sweet Baby Ray's Gourmet Sauces.

Honey Garlic Sauce

- Will likely be gluten-free. Check label to be sure.

Soy Sauce

- Soya sauce or soy sauce is made from soybeans fermented with wheat. Look for gluten-free versions.
- Tamari is a Japanese style gluten-free soya sauce. The flavor is a bit different than what you may be used to but very good. Brands include:
 - Kikkoman
 - San-J
- VH has a more traditional style gluten-free soya sauce. Check the label to be sure you're getting the right one.

Sweet Chili Thai Sauce



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	<ul style="list-style-type: none"> • Will likely be gluten-free. Check Labels to be sure. <p>Teriyaki Sauce</p> <ul style="list-style-type: none"> • Teriyaki sauce contains soya sauce, avoid, or look for a gluten free version <ul style="list-style-type: none"> • San-J has a gluten-free teriyaki sauce. • Make your own gluten-free teriyaki-sauce. <p>Worcestershire Sauce</p> <ul style="list-style-type: none"> • Traditional Worcestershire Sauce contains malt vinegar which has gluten. Avoid Worcestershire sauce or products that contain Worcestershire Sauce unless you know they've used a gf version. Many barbecue sauces include Worcestershire sauce • look for a brand that uses white vinegar <ul style="list-style-type: none"> • French's has a gluten-free Worcestershire sauce. Be sure to check the label • Lea & Perrins is gluten-free only in the United States.
<p>Snacks</p>	<ul style="list-style-type: none"> • Check labels and look for gluten free options. Possibilities are endless: • Potato chips: Most plain chips will be gluten-free, check labels to be sure no gluten ingredients have been added. <ul style="list-style-type: none"> • flavored chips may use flour as a carrier for the flavor, check labels. GF examples: <ul style="list-style-type: none"> • Lay's • Old Dutch • Corn chips are naturally gluten-free. Check labels to be sure no gluten ingredients have been added. • GF examples include: <ul style="list-style-type: none"> • Doritos • Tostitos • Fritos



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	<ul style="list-style-type: none"> • Pretzels are made from wheat flour. Gluten free choices include: <ul style="list-style-type: none"> • Glutino • Snyder's • Good Health • Quinn • Snack Factory • Popcorn is naturally-gluten free. <ul style="list-style-type: none"> • Popping your own is safe • If you add shake on flavors check the label • If you buy flavored popcorn, check the label • Rice Cakes are naturally gluten-free <ul style="list-style-type: none"> • If you buy flavored rice cakes check the label. • Check the health food aisle (ironically) for other gluten-free snack options • Make your own gluten-free snacks
<p>Soups</p>	<ul style="list-style-type: none"> • Many commercially available soups contain gluten and many, surprisingly don't. Check the label on your favorites, you may be pleasantly surprised. • Some popular gluten-free options include: <ul style="list-style-type: none"> • Imagine organic soups • Campbell's has a line of gluten-free soups including Chunky Chicken & Sausage Gumbo, Chunky Split Pea with Ham, Condensed Chicken with Rice. Check the label and look for the GF symbol. • Amy's Organic Soups • Pacific • Progresso • Make your own gluten-free soup



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<p>Spices and seasonings</p>	<ul style="list-style-type: none"> • Most single spices are gluten-free though there may be risk of cross contamination • Brands that are generally trusted are: <ul style="list-style-type: none"> • Club House • McCormick's • Epicure • Seasoning mixes, even by the above companies may contain gluten so read the ingredients. <ul style="list-style-type: none"> • Old El Paso Taco Seasoning is gluten-free
<p>Stews</p>	<ul style="list-style-type: none"> • Most canned stews contain gluten, check labels. A few popular gluten-free options include: <ul style="list-style-type: none"> • Stag chili has some gluten-free choices, check the labels • McCormick's has a gluten-free beef stew seasoning mix • Make a big pot of your own gluten-free beef stew and freeze the leftovers.
<p>Vegetables</p>	<ul style="list-style-type: none"> • All fresh vegetables are naturally gluten-free • Most frozen vegetables are naturally gluten-free. Check labels to ensure no gluten ingredients have been added • Most canned vegetables are gluten-free. Check label to be sure no gluten ingredients have been added. • See canned goods section for more.
<p>Vinegar</p>	<ul style="list-style-type: none"> • Most vinegars are naturally gluten-free except malt vinegar. • Avoid malt vinegar or anything that has malt vinegar as an ingredient. • Other pure vinegars are gluten-free. Check labels to be sure no gluten ingredients have been added. • Examples of gluten-free vinegars include: <ul style="list-style-type: none"> • White vinegar • Apple cider vinegar • Red or white wine vinegar



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	<ul style="list-style-type: none"> • Rice vinegar • Balsamic vinegar
Wheat flour	<ul style="list-style-type: none"> • There are many gluten-free all purpose and other flour blends available in the grocery store and online. A few popular brands include: <ul style="list-style-type: none"> • Bob's Red Mill • Robin Hood Gluten Free Flour • President's Choice Gluten-Free All-Purpose Flour (Canada) • Kinnikinnick • King Arthur's • Bulk Barn • There are numerous single grain flours that you can use for specific applications. They will not behave the same as wheat flour so only get these if you have a specific recipe that calls for them: <ul style="list-style-type: none"> • Rice flour • Almond flour • Coconut flour • Oat flour • Casava flour • Garbanzo bean flour • Buckwheat flour • Chickpea flour • Sorghum flour
Wraps / tortillas / flatbreads	<ul style="list-style-type: none"> • Gluten-free wraps / tortillas / flatbreads. Here are a few popular brands: <ul style="list-style-type: none"> • Toufayan (favorite) • Udi's • Glutino • Food For Life • Old El Paso Taco Shells • Rice paper wraps - various brands • Make your own gluten-free wraps (see link above)



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- Substitute broads leaves of lettuce. Boston lettuce works well. Also leaf lettuce or iceberg. Romaine breaks easily.

Possible hidden sources of gluten

- Know the labelling laws in your country. In many places such as Canada, gluten sources must be declared on the label.
- Malt and malt vinegar are made with barley. Watch for these in ingredient list.
- candies - - many hard candies are processed on a floured conveyor belt, check labels
- chocolate with wafers or crunchies
- caramel color, preservatives, and food additives could contain gluten.
- Bean, legumes, oats (oatmeal), nuts, seeds, trail mix are all gluten-free but are considered high risk for cross contamination. Best to look for a gluten-free claim on the label or certified gluten-free.

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