



Easy-to-Find and Easy-to-Fix

Easy-to-Find and Easy-to-Fix Foods

GIG Education
Bulletin

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Hungry for a quick bite? Not sure what you can buy to eat? Here are some easy-to-find foods that are safe to eat and ideas for easy-to-fix snacks or meals.

50+ Things Easy-to-Find

1. Tuna, water or oil-packed
2. Ketchup, mustard
3. Mayonnaise, Miracle Whip
4. Pickles, olives, all vinegars **except malt vinegar**
5. San J Wheat-Free Tamari sauce
6. Butter, margarine
7. I Can't Believe It's Not Butter (margarine)
8. Eggs & Egg Beaters
9. Black Label bacon
10. Grits, cornmeal, Cream of Rice cereal
11. Fresh fish, meats and poultry
12. Tyson® frozen breasts, wings, thighs
13. Butterball or Albertson's brand turkeys (no sauce packets)
14. Thumann's deli meats
15. Kids Kitchen Beans & Wienies
16. Ball Park all beef hot dogs
17. Hormel Chile **WITH** Beans
18. Dinty Moore Beef Stew
19. Amy's GF Frozen Enchilada dinners
20. Hormel pepperoni – regular & turkey
21. Carl Budding sandwich meats
22. 100% pure ground beef or turkey
23. Fresh or frozen (plain) vegetables
24. Velveeta
25. Sargento Deli cheese slices
26. Sargento shredded cheddar cheese
27. Philadelphia Cream Cheese
28. Daisy sour cream
29. Brown Cow Yogurt
30. Yoplait yogurt
31. Dannon **plain** yogurt
32. Prego spaghetti sauce – original
33. Lipton onion soup mix
34. Progresso Creamy Mushroom Soup
35. Thai Kitchen Instant Rice Noodles (lemon grass, curry, garlic & vegetables, others)
36. Rice
37. Corn tortilla chips, 100% corn tortillas
38. Ruffles potato chips*
39. Fritos*
40. Plain rice cakes
41. Fresh fruit, 100% fruit juice
42. Natural peanut butter
43. Jams and jellies
44. Vanilla ice cream
45. Sorbets, fruit sherbets
46. Hershey's chocolate candy bar
47. Hershey's chocolate syrup
48. Snickers chocolate candy bar
49. Sugar Babies
50. Nestle's chocolate chips
51. Swiss Miss hot chocolate
52. Milk - all except flavored
53. Carnation creamers (liquid & powdered)
54. Carnation Instant Breakfast drinks **except the chocolate malt**
55. Boost nutritional drink
56. Coffee, regular tea
57. Coca Cola and Pepsi products
58. Raw or salted nuts or seeds

* Processed in a facility that also processes wheat

When you shop for groceries:

Always read labels, ingredients can change.

"Wheat-Free" is not always "Gluten-Free."

The top 8 allergens must be declared on labels - including wheat.

An allergy statement always starts with 'Contains...'. The allergen may also be identified in the ingredient list.

Barley and rye are not included in the top 8 allergens. Watch for these in the ingredient list.

When you cook:

Keep preparation surfaces clean and free of crumbs.

Do not share utensils with non-gluten foods.

Use squeeze bottles to avoid contamination of condiments.

Good dish washing will remove gluten from utensils, pans, and dishes.

Store GF foods above gluten-containing foods in the pantry.

50 Easy-to-Fix Snacks and Meals

1. Tuna salad on a bed of lettuce
2. Nachos
3. Quesadilla using corn tortilla
4. Fresh fruit with yogurt and nuts
5. Grits with berries
6. Fried polenta wedges with chili
7. Cheesy chili with corn chips
8. Lettuce-wrapped burger
9. Omelet with vegetables and cheese
10. Stir-fried rice with meat & vegetables
11. Rice pudding with raisins
12. Baked potato with cheese, sour cream, chopped bacon, and chives
13. Chili cheese baked potato
14. Hot dog rolled in a tortilla
15. Thai noodles with chicken
16. Trail mix with nuts, dried fruit and chocolate chips
17. Stew with corn chips
18. Spaghetti with rice noodles
19. Peanut butter and apple slices on rice cakes
20. Fresh vegetables and fruit with peanut butter for dipping.
21. Chocolate milk using Hershey syrup
22. Banana split using ice cream, chocolate syrup & strawberry jam
23. Tortilla pizza with corn tortilla & pepperoni, spaghetti sauce & cheese
24. Quick vegetable soup with canned vegetables and stewed tomatoes
25. Cottage cheese and fruit salad
26. Amy's Enchilda dinner
27. Peanut butter and jelly on rice cakes
28. Meat and cheese roll-ups
29. Meat roll-up with cream cheese and asparagus spear
30. Bacon, lettuce and tomato on corn tortilla
31. Easy chicken casserole with Thai noodles, pre-cooked chicken and Progresso Creamy Mushroom Soup
32. Easy hamburger stroganoff with Thai noodles, Progresso Creamy Mushroom Soup, and sour cream
33. No bun chili dogs
34. Meat & cheese sandwich wrap using corn tortilla
35. Soft shell corn tacos
36. Homemade teriyaki chicken with rice
37. Homemade chicken nuggets with crushed potato chip coating
38. Scrambled eggs and bacon
39. Grits with cheese
40. Tuna melt on rice cake, polenta or tortilla
41. Quick Shepard's Pie with mashed potato crust and Dinty Moore Stew
42. Fruity breakfast drink with yogurt, orange juice, banana and berries blended
43. Milkshake with chocolate or use a jam for flavoring
44. Vegetables with melted cheese sauce
45. Sorbet with fresh fruit
46. Teriyaki turkey burger patti with rice noodles
47. Creamy vegetable soup with Progresso Creamy Mushroom soup
48. Iced coffee or mocha
49. Ice tea
50. Grilled chicken salad with grapes, nuts and mayo on shredded cabbage

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This information should not be used to diagnose or treat thyroid or celiac disease. See your health care team for diagnosis and treatment options specifically for you.

Visit your local GIG Branch:

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GIG is a nonprofit 501c3 national organization providing support for per persons with gluten intolerances, in order to live health, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.