



## Gluten Free Information

**Brand names of gluten free products you'll find stores like Whole Foods, Trader Joe's, Sprouts, Earthfare & the health food section of Kroger.**

Keep these foods to a minimum or avoid all together. Even though they're gluten free, they're still very processed foods, and you're always better off health wise with REAL FOOD.

It's especially important to avoid these if your doctor advises you to focus on low glycemic index choices and/or a lower carb diet plan.

### Cereals

Hot cereal is preferred, as it's typically less processed/sugary vs. most cold cereals

- Arrowhead Mills: Organic GF quinoa rice & shine, Organic GF rice & shine
- Bob's Red Mill: Paleo muesli, GF steel cut oats, Organic creamy hot buckwheat
- Ancient Harvest: Quinoa flakes hot cereal
- Nature's Path: Qi'A superfood cereal
- Trader Joe's: GF rolled oats
- Julian Bakery: (online) Paleo coconut flakes cereal

### Breads & Bakeries

Most GF breads are dense & crumbly, but some will improve when toasted.

- Sally's Bakery [www.sallysbakery.com](http://www.sallysbakery.com) (Sandy Springs & Alpharetta): GF bakery
- 2B Whole <http://www.2bwhole.net/> (Alpharetta): GF bakery with paleo options
- popular store bought brands: Three Bakers, Pure Knead
- Julian Bakery: Paleo bread & coconut wraps
- Potapas: (found at Sprouts) sweet potato flour wraps/tortillas
- Food for Life: brown rice wraps/tortillas

### Flours & Baking Needs

Baked goods/mixes are not to be had often. Other than some of the paleo options, most contain very high levels of sugar.

- Bob's Red Mill: Paleo baking flour, Almond flour, Coconut flour,
- Hazelnut flour, GF 1 to 1 baking flour, GF all purpose flour
- Simple Mills: gluten free & grain free: many mixes (pancakes, bread, muffins)
- Pamela's, XO Baking Co, Trader Joe's mixes: these are high in sugar, so use only for special occasions, birthdays, etc. – not for regular use.

## Bars

- Bulletproof Bar: collagen protein/cashew butter based. 12 grams of protein
- GoMacro: rice and rice/pea protein bars. 10-12 grams of protein
- VegaSport: rice/pea based protein bar. 15 grams of protein
- Julian Bakery: paleo & pegan protein bars. 20 grams of protein
- RX Bar: clean ingredient list, but high sugar. 12 grams of protein
- Square Bar: chocolate/coconut based with rice protein. 11-12 grams of protein
- Tanka Bars/Bites, Epic Bars, Primal Bars: jerky style bars

## Waffles

Most of these are higher carb (except paleo mixes), do not consume often, and have with protein like organic eggs or chicken sausage when you do.

- Vann's (frozen): plain, berry, apple cinnamon gluten free waffles
- Trader Joe's (frozen): plain gluten free waffles
- Julian Bakery (mix): paleo (almond flour/egg based) – grain free, order online

## Crackers & Snacks

Most of these are great with healthy dips such as homemade guacamole, hummus and nut butters

- Mary's Gone Crackers: herb, sesame, caraway, original, onion, etc
- Sesmark: plain brown rice crackers
- Blue Diamond: Nut thins
- Luke's Organic: Brown rice chips (like a tortilla chip without the corn)
- Lundberg: Rice chips/many flavors
- Beanitos: black bean based
- Kroger/Simple Truth: ancient grain & rice crackers
- Kale chips: Brad's, Alive & Radiant Foods, Rhythm, etc (grain free)
- Coconut chips: Dang and Creative Snack Co (grain free)
- The Good Bean: chickpea snacks (grain free)
- Seaweed Snacks: seaweed 'paper' (grain free)
- Go Raw: flax and other seed crackers/snacks (sprouted/grain free)
- Julian Bakery: paleo thin crackers (grain free)
- Simple Mills: sprouted seed crackers & almond flour crackers (both grain free)

## Pasta

Higher carb/to be eaten minimally and with protein

- Trader Joe's: Organic brown rice & quinoa spaghetti, spirals
- Tinkyada: Brown rice pasta – many varieties
- Banza: Chickpea pasta

The lowest carb alternatives for pasta will be zucchini noodles or spaghetti squash. You can season and prep these like regular pasta with crushed/diced tomatoes and Italian herbs, with a

homemade pesto sauce (with cheese alternative as needed) or with grass fed/organic butter and sea salt.

**IMPORTANT:** Even though all of these products above are gluten free, they are all processed foods. The healthiest way to eat gluten free is simply consuming gluten free grains in their whole form (steamed brown rice, quinoa, baked sweet potato, etc) and keeping processed foods to a bare minimum.

### **Paleo/grain free choices**

Some of these paleo wraps, flours, crackers & bars may be acceptable on a lower carb plan. The paleo baking mixes will still be too high in carbs/sugar.

Cereal: Julian Bakery coconut flakes (online), Bob's Red Mill Paleo style muesli

Wraps: Julian Bakery, Siete Foods, NuCoconut (NuCo)

Mixes: (bread, pancakes, waffle, muffins, etc): Simple Mills, Paleo Baking Co (online), Birch Benders Paleo, Pamela's Grain Free, Julian Bakery

Flours: Bob's Red Mill (almond, coconut, hazelnut, paleo blend), cassava flour

Crackers: Simple Mills, Julian Bakery, GoRaw (plus: seaweed snacks, kale chips)

Chips: Siete Foods grain free tortilla chips

Protein Bars: Julian Bakery Paleo & Pegan bars, Bulletproof bar, jerky bars

### **Recipe links & other info –**

combination of gluten free/grain free/paleo/dairy free/egg free/soy free, etc

[glutenfreeandmore.com](http://glutenfreeandmore.com) [easyeats.com](http://easyeats.com)

[glutenfreegoddess.blogspot.com](http://glutenfreegoddess.blogspot.com) [fastpaleo.com](http://fastpaleo.com)

[draxe.com/section/recipes](http://draxe.com/section/recipes) [nomnompaleo.net](http://nomnompaleo.net)

[againstallgrain.com/recipe-index](http://againstallgrain.com/recipe-index) [eatingwell.com](http://eatingwell.com)

[elanaspantry.com/all-recipes](http://elanaspantry.com/all-recipes) [cleaneatingmag.com/recipes/gluten-free-recipes](http://cleaneatingmag.com/recipes/gluten-free-recipes)

**Great magazine** – Gluten Free & More ([glutenfreeandmore.com](http://glutenfreeandmore.com))

### **Listing of restaurants with gluten free menus/options -**

[www.glutenfreeregistry.com](http://www.glutenfreeregistry.com)

[www.glutenfreedomatlanta.com](http://www.glutenfreedomatlanta.com)

[www.triumphdining.com](http://www.triumphdining.com)

**Thrive Market (website)** – online shopping for organic and gluten free goods at lower than typical retail prices (yearly membership required). <https://thrivemarket.com/>