



41 Gluten-Free Foods & Brands Our Kids Love

*Please share this report with anyone who could benefit from knowing this information! Thank you!

Presented by: *Jim Shirley*

Welcome

Hi...nice to meet you. We are Jim and Karen of Happy Gluten Free. Here's the disclaimer stuff you should know. We live in the USA. The brands mentioned in this document may or may not be gluten-free in other countries around the world.

The foods and brands listed below are ones we've fed our celiac daughter repeatedly for years.

She is sensitive. If she gets even a little gluten, she throw's up for about two hours and then gets pretty tired.

Obviously, we never want her to get gluten...so we take this stuff seriously.

HOWEVER, your situation may be different! Maybe your child is even more sensitive..or maybe not. We don't know.

This document is NOT medical advice. We know what's worked for us and that's all we're sharing here.

We are not doctors or nutritionists...

What we have is 12 years of practical experience raising our daughter gluten-free. We're just having a good time - enjoying the ride - and sharing how to make gluten-free life easier.

Please do your own research and make sure what's shared here is right for your child..

Sound good?

Important Note: Some of the companies listed below - like Udi's - offer both gluten-free and "regular" wheat based products. Generally speaking, these brands do a great job of branding the gluten free products with different color labels and making it obvious which is which.

I bring this up because it's easy to get what I call label blindness...where you sort of just grab a product automatically without really reading the label. This happens over time after you've bought these products hundreds of times.

I encourage you to always read and confirm that you got what you wanted - both at the store and in your kitchen before you serve it!

It's happened a few times where my wife or I bought what we thought was the gluten-free bread or chicken nuggets (or insert name of product here). But it turned out we got a product with wheat in it!

One Last Thing: We have more useful information on our website HappyGlutenFree.com - including more useful resources:

**Get Three More Gluten-Free
Reference Guides FREE!**

Visit <https://HappyGlutenFree.com/3Free>

Okay, let's get going!

Snacks

Popcorn

Many of the popcorn brands are gluten-free - even the stuff you have to pop yourself. Check the label to be sure. We like SmartFood, Kettlecorn, and others!

Fruit Gummies Motts, Kroger, Welchs

Peanut Butter

Most of the peanut butter brands we've looked at are GF. Read the label to be sure. JIF is our favorite.

Jellies and Jams

Smuckers! Also, pure honey is GF!

Nutrition Bars Think Thin Bars, Lara Bar, LUNA Bars, GoMacro Bars, KIND Bars, Nature's Path / EnviroKids Crispy Rice Bars

We also like fruit leathers from various brands.

Nuts

Pistachios, Cashews, peanuts, walnuts, etc.

And of course, we encourage you to give your child snacks like fruits or veggies - just get some portable containers...

Another thing that our kids like is trail mix - just mix up some nuts, Craisins, add some chocolate chips (unless it's a hot day!), and go!

Ice Cream

IMPORTANT: Stick with the single flavor ice creams like vanilla or chocolate from brands below. Avoid anything with cookies, cookie dough, cake, etc.

Breyer's

Dreyer's

Haagen Daaz

Oh, and Hershey's Syrup is GF too as is Smucker's Hot Fudge Sauce...so you can certainly make an ice cream sundae!

Breads

Canyon Bakehouse Gluten-Free - winner for best widely available GF bread.

Schar - great bread also widely available.

Schar Ciabatta Rolls - best hamburger buns (and dinner roll

Glutino - white or multigrain

Udi's Gluten-Free - white or multigrain bread. They also make good hot dog buns.

These brands are available just about everywhere in the U.S. Even at Wal-Mart.

Pastas

Tinkyada - winner for best and best selection of GF pastas. They have everything from rotini to spaghetti to lasagna noodles. Selection varies by market.

Also: Barilla Gluten-Free, DeBoles Gluten-Free

Annies Gluten-Free mac & cheese - this is one of those situations where you have to make sure to get the right box! Annies also offers wheat based pastas.

Juice Boxes

Ocean Spray

Simply Juices

Capri Sun

Apple & Eve

Honest Kids

Chips

Lay's Potato Chips

Fritos

POP Chips

Tostitos

Dorito's

The key with chips is watching out for malt vinegar and/or the flavorings.

BBQ flavor chips, for example...with some brands (like Lay's) they're GF, but other brands contain gluten in the spices.

Lunch Foods

Hormel Deli meats (if you're looking for holiday meats, be sure to read the label on Hormel meats - they tell you on the label if it is gluten-free.

Most deli meats are gluten-free. Meat itself is gluten-free, so really what you're watching for here is does the meat have an added flavoring or marinade that contains gluten?

Nathan's Hot Dogs

Again, most hot dogs are GF, but some are not.

Chicken Nuggets - Ians, Perdue, Tyson, Applegate Farms... Chicken nuggets make a great school (or home) lunch.

Cheese is generally gluten-free - including Kraft Singles or real cheeses like cheddar, mozzarella or swiss.

Fruits and Veggies

Most fruits and vegetables are gluten-free. Avoid wheat grass or barley.

Condiments

Heinz ketchup, mustard and relish are gluten-free

Best Foods Mayonnaise

Pure maple syrup

Cool Whip whipped cream

Single spices

Marinades and spice mixes are something you should investigate further. They sometimes contain gluten. McCormicks, for example, are widely available and they are great about indicating on their website which are GF.

Candy

Snickers - just stick to the regular Snickers to be safe

Milky Way Dark - regular Milky Way bars have barley (gluten). You'll find that a lot of milk chocolate has gluten in the form of barley in the ingredients. Just something to note.

Starburst

Jelly Bellys

Junior Mints

Mike and Ikes

Tootsie Rolls

Reeses Pieces, Reeses Peanut Butter Cups

Lots of candies are gluten-free. Avoid the obvious ones that contain any kind of cookie, wafer, or oats. Otherwise just do a quick check online to find out if the candy is gluten-free.

Other stuff to consider

Cross contamination is something to watch out for. For example, most of the time vanilla ice cream is gluten-free.

But milkshakes made at restaurants are something you should avoid because they are likely cross contaminated with gluten (via cookies or other add in's).

The same goes for juice bars (not the frozen kind!) - wheat grass or other potentially gluten containing ingredients may be on the menu and your drink could easily get cross contaminated with gluten from a previously mixed drink.

Thanks for reading!

We have a LOT more information available. Visit:

<https://HappyGlutenFree.com>

and join us!