

# Gluten Free Tips and Tricks

Check health food stores like New Leaf, Staff of Life, and Whole Foods for options and even places like Safeway and Save Mart are beginning to stock Gluten Free choices.

These are my recommendations:

\*\*\* NOTE: Not all of these company's products are gluten free

## Pasta

- Tinkyada
- Ancient Harvest Quinoa Pasta

## Bread (Includes hot dog and hamburger buns)

- Rudi's \*\*\*
- Udi's
- Kinnikinnick Foods
- Canyon Bakehouse

## Breakfast Pastries

- Udi's
- Katz (I have only tried their donuts)
- Kinnikinnick Foods

## Cereal

- All Chex cereals are gluten free except for Wheat Chex
- Enviro Kids
- Rice Krispies has a gluten free version (not the same as the regular version)

## Desserts

- Pamela's makes an amazing personal size Gluten Free New York Cheesecake

## Mixes

- Bob's Red Mill \*\*\*
- Pamela's
- Bisquick \*\*\*
- Betty Crocker \*\*\*

## Cookies

- Mi-Del \*\*\*
- CADIA \*\*\*
- Glutino

## Crackers

- Glutino
- Mary's Gone Crackers

## Snacks

- Glutino
- (Remember, corn chips, popcorn, and potato chips are often gluten free but always check the label)

## Frozen Foods

- Amy's Kitchen \*\*\*
- Ian's Natural Foods \*\*\*

## Tips

- There are plenty of foods that can be eaten without checking any labels. Fruits, vegetables, and meats are always gluten free. These are always the healthiest choices.
- Watch out for processed meats like sausage, meatballs, and ham which can sometimes have hidden gluten.
- Just because it says Wheat Free does not mean it is Gluten Free. Rye, barley, spelt, kamut, and triticale all contain gluten.

- Check labels. Foods that were gluten free 2 years ago may not be gluten free now. Ingredients change and the front of the package may not reflect those changes, so always double check.
- If you are unsure of what to order in a restaurant and there are hamburgers on the menu, you have something to order. Either order it lettuce wrapped or eat it with a knife and fork; some restaurants even have a gluten free bun.
- There are many chain restaurants that have extensive gluten free options:
  - PF Chang's
  - BJ's Brewhouse
  - Outback Steakhouse
  - Chipotle (everything but the flour tortillas are gluten free)
  - The Cheesecake Factory
  - In N Out Burger (order burger protein style)
  - Five Guys (order burger or hotdog without the bun)
  - Red Robin (they have gluten free hamburger buns)
- There are many pizza places that have a gluten free crust:
  - Woodstock's in Santa Cruz
  - Domino's Pizza (some locations)
  - Tony and Alba's Pizza (some locations)
  - Straw Hat Pizza (some locations)
  - Pizza Hut (some locations)

My name is Melissa and I am Dr. Bunger's daughter. I was diagnosed with Celiac Disease at 18 months old and have been on a strict gluten free diet ever since. These are my tips and tricks for going gluten free and which brands are the best for certain foods. While trying other brands is recommended and encouraged a brand may only be good for certain foods. For example, Glutino makes great cookies, but their bread is not that great. I grew up during the "Gluten Free Revolution." When I was a kid, most of the gluten free products were in infancy. The pasta stuck together, and the bread was dry and tasteless. Now, my family eats these foods and tells me they taste just like "the real thing." Going gluten free doesn't have to be an awful experience, and you might just feel better because of it.