

Gluten Free GROCERY LIST



Grains

Gluten is found in wheat, rye and barley based products. Gluten free grains include quinoa, rice, corn, millet, gluten free oats, buckwheat based products.

Dairy

Plain milk, cheese, plain yogurt, sour cream and cottage cheese are all gluten free options. Be sure to check the label for additives that could contain gluten.



Beans

Beans are naturally gluten free, but be sure to read any cans or soups that include beans for additives that could contain gluten.



**Most of your diet
can be filled with
naturally gluten
free foods.**

Meat

Most meats are gluten free, this includes beef, chicken, seafood, turkey and pork. Processed meats can contain additives that could include gluten based products. Be sure to read the label on any sausage, lunch meat, hot dogs, chicken/fish nuggets/sticks, and other processed packaged meat products.



Fruits & Vegetables

Add a variety of these natural gluten free foods. Watch out for additives in canned, dried or frozen foods that could contain gluten, be sure to read the label.



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