

ingles *Gluten-Free Shopping: The Basics*

Breads, Cereals, Grains:



- Gluten-Free Bread loaves/rolls found in bakery, bread aisle or freezer section
- Puffed Rice, Corn, Rice, Amaranth, or Millet cereals
- Gluten-free Oatmeal, Cream of Rice, Soy Grits
- Plain rice varieties (white, brown, jasmine, wild), Quinoa, labeled Gluten free Pastas (made from rice, corn, etc.)
- Corn tacos, corn tortillas, rice crackers, rice cakes, popcorn
- Gluten free cake, cookie, brownie, and muffin mixes



-Anything containing Wheat, Wheat Gluten, Rye, Barley. Any rice mixes with sauces or seasoning.

Frozen Foods:



- Frozen, plain fruits & vegetables (not sauced or breaded)
- Labeled gluten-free frozen meals and meats (not breaded)
- Most Ice Creams/frozen yogurts (beware of cookie varieties)
- Frozen Gluten-Free waffles, breads, rolls, muffins



- Ice cream sandwiches/cookie dough varieties

For more information contact:

Leah McGrath, RDN, LDN

Corporate Dietitian for Ingles Markets

800-334-4936

Lmcgrath@ingles-markets.com

ingles *Gluten-Free Shopping: The Basics*

Protein & Dairy:



- All fresh beef, poultry, pork, fish & seafood (not breaded or fried)
- Eggs, egg whites, egg substitutes.
- All beans, canned or dry, lentils, plain tofu
- Plain nuts/seeds and nut butters (peanut butter & almond butter)
- Plain cow's, almond, soy and coconut milks
- Most yogurts, regular or Greek
- Aged cheeses, cottage cheese, and cream cheese



- Baked/sauced beans, Cheese spreads, processed cheese products, flavored milks, flavored yogurts



Products labeled 'Gluten Free' meet FDA guidelines for **less than 20 ppm** (parts per million) gluten. (GF product List <http://www.ingles-markets.com/inside/gluten-free>)

Fruits & Vegetables:



- All fresh fruits & vegetables in produce section
- Frozen or canned plain fruits & vegetables
- Dried/dehydrated fruits & vegetables



Dried Dates if rolled in oat flour, breaded/fried (tempura) vegetables, french fries