



Naturally Gluten-Free Shopping Guide

These food items are very minimally processed, if at all, and are naturally gluten-free. These foods will not contain additives or any unnatural ingredients.

Dairy

- Milk, not flavored with ingredients that contain gluten, such as malt
- Yogurt, plain
- Cheese, typically brick cheese
- Butter

Fruits and Vegetables

- 100% fruit or vegetable juices
- Fresh fruits and vegetables
- Frozen fruits and vegetables (without a sauce)
- Canned fruits and vegetables

Proteins (plant and animal)

- Fresh fish
- Fresh shellfish
- Fresh poultry
- Fresh meats
- Eggs
- Lentils
- Beans, in their natural, unprocessed form
- Peanuts
- Seeds, such as flax and chia
- Tree nuts, such as almonds

Grains

- Quinoa
- Millet
- Rice

Other

- Sugar
- Honey
- 100% Pure Maple Syrup
- Pure Spices
- Fresh Herbs
- Oils

*All items may not be in all stores



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