

Healthy Snacking the Gluten-Free Way

- Part of any gluten-free diet should include wholesome, balanced meals and snacks.
- There are endless options for healthy gluten-free snack ideas, especially when you use your imagination. Take a look at some of the ideas below.
- Choose cereals, breads, crackers, rice and corn cakes, tortillas, snack bars and pretzels which are labeled gluten-free.
- Take these pages to the grocery store when you go shopping. Add your favorites to the list.

Shopping for Gluten Free (GF) Snacks and Mini Meals

Items listed as “GF” below must be labeled gluten-free on the package.

Fruits & Veggies

Fresh or plain frozen fruit

Fresh or plain frozen veggies

Sundried Tomatoes

Olives

Canned fruit cup (in own juice or water)

Dried fruit (avoid dates with oat flour)

Freeze dried fruit crisps

Pressed fruit/vegetable bars (free of gluten containing ingredients)

Plain Applesauce

Dairy

Non-dairy milk alternatives (such as soy, rice, hemp, nut or coconut milk labeled gluten-free)

Cottage cheese

Ricotta cheese

Dehydrated crunchy cheese chunks (free of gluten containing ingredients)

Yogurt (avoid mix-ins like granola, cookies, or candies)

Hard or string cheese

Kefir

Goat milk and goat milk dairy products

Chips & More

GF potato chips, vegetable chips, bean-based chips

Popcorn

GF corn or rice chips

GF rice, corn or GF multigrain cakes

GF crackers (high fiber, made with quinoa, flax/chia/hemp seed, millet, buckwheat, amaranth, rice, etc.)
GF roasted/toasted chickpeas or other beans, such as broad beans, green pea crisps
GF pretzels
Corn Nuts (free of gluten containing ingredients)
Popcorn (plain or labeled gluten-free)
Plantains-dried or chips (free of gluten containing ingredients)
GF Seaweed crisps/chips

Protein

Tuna or salmon in a pouch, sardines (avoid hydrolyzed wheat protein and other gluten-containing ingredients)
Sushi (labeled gluten-free)
Hard-boiled eggs
Plain, unseasoned nuts
GF nutrition bars
Plain seeds (pumpkin, sunflower)
GF protein powder [rice, pea, whey (milk), and soy (whey and soy can be gas-producing)]
Edamame (soybeans) fresh, frozen and thawed or roasted (free of gluten containing ingredients)

Dips & Toppings

Salsa (made with GF ingredients)
Hummus (plain, or made with only GF ingredients)
Natural nut butter (peanut, almond, cashew, walnut, etc.)
Natural seed butter (sunflower, hemp, etc.)
Pesto (avoid gluten-containing ingredients)
Guacamole

Bread/Flour/Grain Products

GF breads, bagels, buns, English muffins, pizza crusts, waffles
GF granola
GF muffin/pancake/bread/pizza/focaccia/cookie/waffle mix
GF tortillas/wraps (rice, corn, teff, hemp)
GF rice paper/spring roll wrappers

Tasty & Easy Combinations

- Fruit parfait with layers of fresh fruit, yogurt/cottage cheese or ricotta cheese (with cinnamon/nutmeg/other spice), and GF granola or GF cereal
- Fruit smoothies (frozen fruit, GF protein powder or nut or seed butter, yogurt, or non-dairy milk alternatives [rice, nut, whey (milk) or soy (whey and soy can be gas-producing) which are plain and free of gluten-containing ingredients])
- Baked sweet potato or yam sprinkled with cinnamon or dab of maple syrup
- GF waffle topped with natural peanut butter, banana, honey, and cinnamon
- GF cereal and GF nuts mixed with dried fruit (avoid oat flour-rolled dates)
- Plain, unsalted nuts or seeds with dried fruit (serving = 1 handful)
- Plain air-popped popcorn or sorghum w/ olive oil, herbs and spices
- GF English muffin with tomato sauce, olives and melted cheese
- GF grain (buckwheat, teff, quinoa) with chopped veggies and olive oil/herb dressing
- Trail mix: unsalted nuts, dried fruit, GF cereal/ pretzels, and small pieces of dark chocolate
- Baked potato bar: add veggies (broccoli), cheese, sour cream, black beans, or seeds and salsa
- Tuna mixed w/ lemon juice and GF yogurt on high fiber GF crackers
- Baked GF corn chips with low-fat cheese or sour cream
- Brown rice noodles w/ steamed vegetables, tofu and GF soy sauce
- GF quinoa salad with chopped vegetables, olive oil, and fresh-squeezed lemon juice
- Tuna, salmon or sardines on GF crackers or GF rice cakes topped with sliced cucumbers, cream cheese, and dill
- Small bowl of home-made black bean chili and GF cornbread
- Small GF grain bowl (with some of the “super six” grains listed below, topped with steamed veggies and your protein of choice (plain chicken, meat, fish, or tofu))
- 100% corn, teff, or brown rice tortilla wraps (all must be labeled gluten-free) with:
 - Refried beans and salsa (check for gluten-containing ingredients)
 - Hummus (plain, or made with only GF ingredients), sliced veggies
 - GF deli meat slices, lettuce, tomato, cheese
- 100% corn chips (labeled gluten-free) paired with homemade:
 - Bean dip
 - Guacamole
 - Salsa
- Individual pizza made with:
 - GF bagels, GF English muffins or GF rice/millet cakes
 - Tomato sauce
 - Onions

- Black olives
- Bell peppers and your favorite veggies
- Plain, grilled chicken or GF pepperoni
- Cheese
- Basil, oregano and other herbs
- GF brown rice or millet noodles with:
 - Steamed vegetables and green onions
 - Plain tofu
 - GF soy sauce
 - Unflavored sesame oil
- Natural nut butter and jelly or honey:
 - Whole grain GF rice, corn or multigrain cakes
 - Toasted GF chia/millet or high fiber bread with fresh fruit slices
- Natural nut or seed butter, cheese, or cream cheese on whole grain GF crackers
- Natural nut or seed butter or cream cheese rolled in:
 - Crushed, plain GF nuts
 - Raisins
 - Unsweetened shredded coconut

Desserts

Fresh fruit and/or shredded coconut with yogurt (avoid mix-ins like granola or candy)

GF macaroons or cookies

GF pudding

Sorbet (most are GF based on ingredients but not labeled gluten-free) and

GF waffle/ice cream cones

Ice cream (without gluten-containing ingredients or labeled gluten-free)

GF waffle or toast topped w/ peanut butter, honey, and cinnamon

Energy bites: mix peanut butter, nuts, GF flour, GF dark chocolate chips, chia/ground flax seed; roll into balls and refrigerate

Homemade GF muffin or cookie mix; add in chopped nuts, seeds, or mashed fruit

Banana sushi: spread your favorite nut butter or chocolate spread on a banana then sprinkle w/ coconut, chia seeds, or chopped nuts

Chocolate chia pudding made w/ cacao powder and topped w/ dried fruit or chocolate shavings

GF ice cream or sorbet with GF cone

Beverages

GF meal-replacement drinks

GF high-protein breakfast drink mixes

***Super 6 Grains: must be labeled gluten-free**

Amaranth
Buckwheat
Millet
Quinoa
Sorghum
Teff

Taking Snacks to a Healthier Level

Adapted from Case, S. Go Gluten-Free! Tips for Getting More Nutrition into the Gluten-Free Diet.

If you eat this: GF pretzels

- Add this: Unsalted, plain nuts

Or try this instead: Trail mix with GF granola, dried fruits, plain nuts and plain seeds

If you eat this: GF rice cakes or rice crackers

- Add this: Cheese (cube or string), hummus, nut butter with banana or apple slices

• Or try this instead: GF snack bar made with seeds, dried fruits* and healthy GF-grains (amaranth, flax, quinoa); GF high fiber snack crackers made with plain nuts and /or plain seeds

If you eat this: Fried GF corn chips

- Add this: Salsa and shredded cheese

• Or try this instead: GF baked corn chips with low-fat cheese and sour cream; or popcorn

If you eat this:

• Add this: Peanut butter, 100% cheese spread or low-fat cream cheese with raisins • Or try this instead: Carrot or turnip sticks, peppers, cherry tomatoes, broccoli, cauliflower with one of the dips listed above in the chart

If you eat this: GF cookie or brownie with milk

• Add this: Substitute GF brown rice flour, flax meal or quinoa flour in the recipe; choose readymade GF cookies or brownies low in added sugar and fat, or made with sunflower, safflower, or organic canola oil

• Or try this instead: Fresh fruit and a piece of GF dark chocolate (1 oz)

If you eat this: GF muffin made with white rice flour

- Add this: Chopped plain nuts, mashed banana, dried fruits (raisins, cranberries, apricots, dates), GF ground flax

- Or try this instead: Pumpkin, pineapple, carrot or banana muffins made with GF brown rice flour, almond flour, sorghum flour, or bean flour

If you eat this: Full-fat fruit-flavored yogurt

- Add this: Fresh fruit and plain nuts and seeds

- Or try this instead: Plain low-fat yogurt or Greek low-fat yogurt with chopped fruits, plain nuts and a drizzle of vanilla/lemon/almond extract

*Avoid dates rolled in oat flour

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