

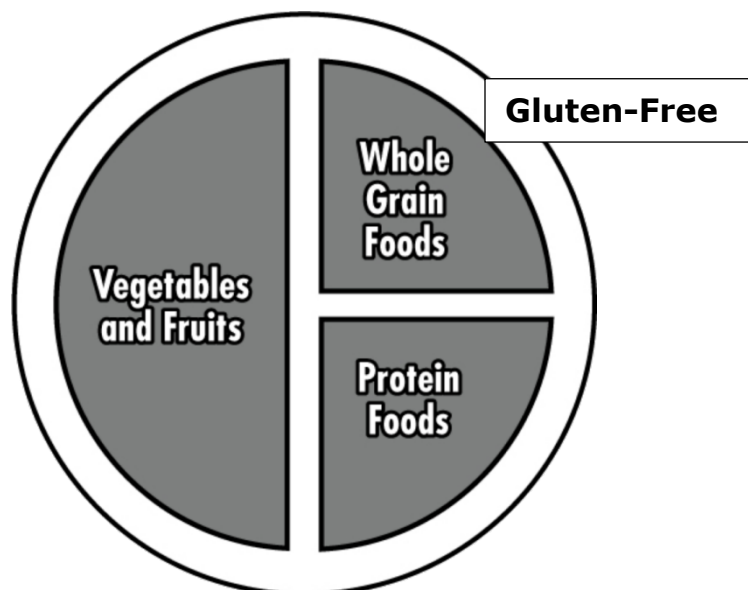
The Gluten-Free Diet and Gluten Related Disorders: Meal and Snack Ideas

A strict gluten-free diet (GFD) is the only effective treatment for celiac disease (CD) or dermatitis herpetiformis (DH). It requires the lifelong elimination of all foods containing any source of gluten including wheat, barley, rye, related cereal grains, and regular oats not labelled “gluten free” and trace gluten from these ingredients.

Gluten-free (GF) eating can be healthy, delicious and enjoyable. Below are ideas to help you plan GF meals and snacks.

Choose Wisely

[Canada's Food Guide](#) can help you plan healthy GF meals. Many foods included in Canada's Food Guide are naturally GF and safe for people with CD or DH.



Choose:

- Whole foods (fresh or frozen) more often instead of processed foods.
- GF grains like quinoa, rice (brown, black, red, wild, or white), buckwheat, millet, and GF oats.
 - GF whole grains are rich in fiber and nutrients like B vitamins, magnesium, iron and zinc.

- Fresh, frozen and/or canned vegetables and fruits
 - Vegetables and fruits contain important nutrients such as vitamins, minerals and fibre to support good health.
- Animal and plant-based proteins, such as:
 - Dairy and fortified plant-based beverages such as soy, almond, GF oat beverages
 - Fresh and/or frozen poultry, meat, fish and seafood
 - Eggs
 - Pulses (dried peas, beans, and lentils)
 - Nuts and seeds like flax, hemp hearts or chia.

Gluten-Free Meal and Snack Ideas

Gluten-free (GF) meals and snacks provide nourishment for good health. The amount of food that you need each day depends on your age, sex, and activity level. Talk to your doctor or a registered dietitian about your specific energy and nutrition needs.

Breakfast
<ul style="list-style-type: none"> • Maple walnut millet porridge • Egg omelet with red peppers, mushrooms, cheese and potato hash • GF oat banana bran muffin with mixed berries • Fruit, avocado and yogurt smoothie • Buckwheat sweet potato bowl • GF bagel with nut butter and banana • GF English muffin with turkey bacon, cream cheese and tomato • GF oatmeal with brown sugar and blueberries

Lunch
<ul style="list-style-type: none"> • Edamame and soba (buckwheat) noodle salad • Crispy fried rice with tofu [or other protein], bean sprouts, carrot • Mung bean noodle with chicken, broccoli, bok choy, baby carrot • GF pasta Bolognese [try ground chicken or tofu] • Quinoa salad bowl with black beans, red onion, cucumber • Taco shell salad bowl with lettuce, cheese, avocado, refried bean • Falafel wrap with lettuce, pickled beets/cabbage, tomato, hummus • Turkey chili with sour cream

Dinner

- GF chicken fingers with cucumber, tomato and feta salad
- Chicken Biryani with white rice and yogurt
- Turkey meatloaf with mashed potatoes and broccoli
- Glazed salmon with mixed wild and white rice and asparagus
- GF pizza with mixed grilled vegetables and mozzarella balls
- GF fish or beef fajitas with lime, salsa, red cabbage and avocado
- Roasted chicken and sweet potato with spinach salad
- Chickpea curry with white rice and yogurt

Snacks

- Raw vegetables and hummus or white bean dip
- Hard-boiled egg and GF crackers
- GF trail mix with GF pretzels, nuts, dried fruit and chocolate chips
- Sliced fruit with cubed cheese
- GF corn nachos with cheese, black beans and/or guacamole
- Chia seed pudding with mixed berries
- Pineapple yogurt parfait with GF granola and crushed nuts
- Dark chocolate and walnuts
- GF oat, peanut butter and chocolate chip ball
- Popcorn
- Rice cakes with nut or seed butter
- Fruit smoothie

For more meal and snack ideas, check out: [Gluten-free Recipes - Celiac Canada](#). Enter key words online for a meal or snack, like “gluten-free oat banana muffin,” to get recipes.

Additional Resources

Celiac Canada

celiac.ca
info@celiac.ca
[905.507.6208](tel:905.507.6208)

Celiac Canada’s GF Recipes

[Gluten-free Recipes - Celiac Canada](#)

Celiac Canada’s Pocket Dictionary of Ingredients

celiac.ca



Notes

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