

The Gluten-Free Diet and Gluten Related Disorders: Meal Planning

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 tips to help you plan GF meals and snacks.

Meal Planning Tips

- Look in your kitchen for foods and beverages that you need to buy.
- Check grocery store flyers for items on sale.
- Plan meals and snacks that you and your family will enjoy that follow [Canada’s Food Guide](#).
- Prepare a shopping list based on your meal planning.

At the Store

- Shop along the perimeter (aisles along the sides and back) of the grocery store for fruits, vegetables, dairy and animal-based protein foods (e.g. meat, poultry, fish, seafood).
- Shop the inside aisles for items such as gluten-free grains, flours, starches, pastas, pulses (dried or canned beans, peas and lentils), nuts and seeds; canned and/or frozen fruits, vegetables and animal-based protein foods (e.g. meat, poultry, fish, seafood).

Gluten-Free on a Budget

- Shop at discounted grocery stores.
- Buy items on sale
 - Check online for deals and coupons.
 - Ask for price matching at select stores.
 - Ask for a rain check for out of stock items on sale.
- Eat more plant-based foods like pulses, tofu, nuts and seeds
 - Add more vegetables to soup, stews, chili, casseroles.
 - Blend finely chopped mushrooms with ground meat.
 - Raw vegetables with hummus or raw fruit and nut butters.

- Buy frozen
 - Fresh fruits and vegetables can be more costly depending on the season. Enjoy frozen corn, peas, spinach, broccoli and fruits.
- Shop for larger sizes
 - Buy larger bags of potato, onion, carrots as needed.
- Cook in batches
 - Cook enough for more than one meal and freeze or refrigerate in smaller portions for future use.

Sample Grocery Shopping List

- Items to keep stocked in pantry:
 - GF flours (e.g. “one to one” GF mixed flours, tapioca flour, rice flour, almond flour)
 - GF gums (e.g. xanthan, guar)
 - GF oats
 - Quinoa
 - Rice
 - GF pasta, GF noodles
 - Dry pulses and GF canned pulses
 - GF tortillas
 - GF protein or grain bars
 - Popcorn
 - GF pancake mixes
 - Nut butters
 - Spices and herbs
 - Vinegars
 - Oils
 - Coffees and teas
- Items, as needed, to add to grocery list:
 - Fresh or frozen fruits and vegetables
 - Eggs
 - Milk or plant-based beverages (fortified)
 - Yogurt
 - Cheese
 - Meat, poultry, fish

For more meal plan and budget tips watch this video:

<https://www.youtube.com/watch?v=IxDvWNeYEv0>



Additional Resources

Celiac Canada

[905.507.6208](tel:905.507.6208)

celiac.ca

info@celiac.ca

Celiac Canada's Pocket Dictionary of Ingredients

celiac.ca

Shelley Case, RD

shelleycase.com

Tricia Thompson, RD

glutenfreewatchdog.org



Notes

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