

Sample Menus for Gluten-Free Eating

Gluten-free eating can be healthy and enjoyable. Use the ideas and menus below to help you plan gluten-free meals and snacks. Talk to a dietitian if you are just starting to eat gluten-free. A dietitian can help you learn how to avoid gluten and plan healthy, balanced meals.



Steps you can take

Menu planning tips:

- | Use [Canada's Food Guide](#) to help you plan healthy meals. With the exception of most grain products, many foods in Canada's Food Guide are naturally gluten-free. Choose foods with few or no added ingredients such as:
 - | Vegetables and Fruit: fresh or frozen vegetables and fruit with no added ingredients
 - | Milk and Alternatives: milk, plain yogurt, unflavoured soy beverage, cheese
 - | Meat and Alternatives: unseasoned fresh or frozen meat, poultry and seafood, dried beans, peas and lentils.

Always check the ingredient list to make sure there are no gluten-containing ingredients. Refer to the Additional Resources section below for more information on food sources of gluten.

- | Include gluten-free whole grain products at your meals to help you get fibre and nutrients such as B vitamins, magnesium, iron and zinc. Examples of higher fibre choices are:
 - | gluten-free breakfast cereals topped with ground flaxseed or chia seed
 - | brown, black, red or wild rice
 - | quinoa, buckwheat or teff
 - | oatmeal (made with pure oats)
 - | breads made with whole grain gluten-free flours (e.g. pure buckwheat, brown rice or almond flours)

Read labels to make sure grains are pure and not contaminated with wheat, barley, rye or other gluten-containing ingredients.

- | To save time and effort, make a double or triple batch of your favourite gluten-free recipes. Put extra portions in the freezer for an easy meal another day.

Shopping tips:

- | Always read food labels.
 - | Become familiar with hidden sources of gluten.
 - | Check the ingredient list each time you buy a food in case one of the ingredients has changed.
 - | Look for the claim “gluten-free” on the label. Foods that are labelled “gluten-free” are safe to include on a gluten-free eating plan.
- | Avoid buying foods from bulk food bins. These foods may have come in contact with foods containing gluten.
- | Specialty gluten-free foods can be expensive. To save money, make your own bread or baked goods using gluten-free flour. Choose foods that are naturally gluten-free as low cost substitutes for grain products. Try rice, potatoes or sweet potatoes, corn, beans, peas and lentils, nuts and seeds. Refer to the Additional Resources section below for more information on gluten-free shopping and cooking.

Tips to prevent cross contamination:

- | If there are people in your home that eat foods containing gluten follow these tips to prevent cross contamination.
 - | Clean all meal preparation surfaces including cutting boards, utensils, pots and pans before you prepare a gluten-free meal.
 - | Use a separate gluten-free cutting board, knives and toaster.
 - | Keep separate containers of spreads and condiments (e.g. margarine, peanut butter, mustard). Do not use utensils in these containers that have come in contact with gluten-containing foods.
 - | Wrap gluten-free foods with cling wrap or store in covered containers. Label and store these foods separately from gluten-containing foods.

Gluten-Free Sample Menus

Use these sample menus to give you ideas for gluten-free meals and snacks and examples of portion sizes. The amount of food that you need each day depends on your age, sex, and activity level.

Sample Menu 1	Sample Menu 2
Breakfast	
175 mL ($\frac{3}{4}$ cup) warm cooked millet, amaranth, quinoa, or pure oatmeal 15 mL (1 Tbsp) ground flax seed 15 mL (1 Tbsp) walnuts 125 mL ($\frac{1}{2}$ cup) blueberries or diced apples 250 mL (1 cup) low fat milk	- Vegetable cheese omelette: 1-2 eggs 25 g ($\frac{3}{4}$ oz) grated cheese $\frac{1}{2}$ cup mushrooms, zucchini and onions 125 mL ($\frac{1}{2}$ cup) sweet potato cubes roasted in 15 mL (1 Tbsp) oil - Glass of water
Lunch	
- Cold noodle and vegetable salad: 250 mL (1 cup) soba noodles (100% buckwheat)* 250 mL (1 cup) edamame, carrot, red cabbage 75 mL ($\frac{1}{3}$ cup) lentils or chickpeas - Sprinkled with sesame seeds 15 mL (1 Tbsp) gluten-free	- Fish tacos: 2 gluten-free corn tortillas* 75 g (2 $\frac{1}{2}$ oz) fish such as whitefish or tuna $\frac{1}{4}$ avocado, 60 mL ($\frac{1}{4}$ cup) corn and 125 mL ($\frac{1}{2}$ cup) spinach 60 mL ($\frac{1}{4}$ cup) brown or wild rice 30 mL (2 Tbsp) salsa - Glass of water

salad dressing* 125 mL (½ cup) strawberries 175 g (¾ cup) plain yogurt - Glass of water	
Dinner	
- Stir fry: * 75 g (2 ½ oz) chicken or shrimp 250 mL (1 cup) vegetables (such as red pepper, broccoli, carrots, snap peas) 250 mL (1 cup) brown rice 15 mL (1 Tbsp) oil - Gluten-free sauce or seasoning (e.g. black bean sauce) - Glass of water	- Stuffed red peppers: 1 red pepper ½ cup mixed vegetables 250 mL (1 cup) quinoa 250 mL (1 cup) spinach or arugula salad - Salad dressing: 15 mL (1 Tbsp) olive oil and lemon juice 250 mL (1 cup) gluten-free soy beverage*
Snack	
- Homemade small whole grain muffin made with gluten-free flour* - Banana or slice of cantaloupe	- Smoothie: ½ banana 125 mL (½ cup) mixed berries 125 mL (½ cup) low fat plain yogurt 125 mL (½ cup) low fat milk 30 mL (2 Tbsp) ground

flaxseed

▮ 750 mL (3 cups) air popped popcorn

* Read labels carefully to ensure products are gluten-free. Prepare using only gluten-free ingredients.



Additional Resources

- ▮ The Canadian Celiac Association's Pocket Dictionary of Ingredients. Can be purchased from the Canadian Celiac Association <https://www.celiac.ca/cms/wp-content/uploads/2018/05/2018-Updated-Order-Form.pdf>
- ▮ Canadian Celiac Association <https://www.celiac.ca/> Tel: 1-800-363-7296
- ▮ Health Canada, Canada's Food Guide <https://food-guide.canada.ca>

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