

Supermarket Road Map

Here's a road map that you can use when grocery shopping. Categorized food items are divided by "outside and inside aisles" to help you navigate a grocery store. This road map is also useful for online grocery shopping.

Outside aisles



Fresh produce

All fresh fruits and vegetables are naturally gluten-free and loaded with nutrients.

- Fresh fruits
- Fresh vegetables



Dairy

Ice creams, yogurts, and puddings can be hidden sources of gluten. Pay extra attention to any dairy products that are low fat or nonfat or have additional flavorings. As always, check the label to be sure the dairy product is gluten-free.

- Milk, powdered milk, evaporated milk, sweetened condensed milk, dulce de leche
- Cream, clotted cream, malai, sarshir
- Cheese (*cottage, Brie, paneer, queso fresco, manchego, feta, cotija, cream cheese, and more*)
- Butter, margarine, ghee, smen
- Kefir, lassi, ayran, doogh, borhani, leben
- Sour cream, crema, crème fraîche, yogurts, labneh, skyr, kashk
- Gluten-free ice cream, gelato, booza, kulfi



Deli section, salad bar, and all self-serve counters

Avoid these sections due to possible cross contact.



Proteins: fresh meat, poultry, and seafood

Choose fresh meat, poultry, and seafood. Avoid processed meat products, which may have fillers that contain gluten. Be careful with foods that are premarinated, preseasoned, or self-basting. They may contain gluten.

- Red meat (*beef, lamb, goat, buffalo, venison, veal, pork*)
- Poultry (*chicken, turkey, Cornish hen, duck, goose*)
- Fish and seafood (*salmon, trout, sardines, mussels, shrimp, squid*) but not seafood substitutes, such as imitation crab
- Eggs (*chicken, duck, quail, pheasant, fish eggs*)
- Tofu (*also available in the dairy or refrigerated section*)



Frozen foods

- Plain fruits and vegetables
- Gluten-free ice cream, gelato, frozen yogurt, and sorbet

- Gluten-free breads, bagels, English muffins, waffles, pizzas
- And much more!

Inside aisles



Beverages

- 100% fruit and vegetable juices
- Coffee, tea, cocoa
- Nut and seed milks (*almond, cashew, coconut, pistachio, soy milk*)
- Soft drinks, sparkling waters
- Kombucha
- Yogurt drinks



Fats and oils

- Vegetable, canola, avocado, sesame, olive oils
- Shortening
- Lard, duck fat, schmaltz, suet, tallow
- Butter, ghee, smen



Packaged and canned foods

- Plain fruits and vegetables
- Olives
- Canned meats and seafood (*be cautious of meat or seafood blends, pastes, or dips, as they may have added gluten*)
- Dried and canned beans, lentils, and peas



Condiments

Select gluten-free varieties, and always read the label!

- Coconut aminos
- Fish sauce
- Furikake
- Ketchup
- Mustard
- Mayonnaise
- Miso
- Relish
- Pickles
- Salad dressing
- Salsa
- Tamari/gluten-free soy sauce
- Vinegars (*balsamic, apple cider, white rice, wine*)
- Jerk sauce
- Harissa
- Tamarind paste
- Tahini
- Certain hot sauces
- Nuoc cham



Sweeteners

- Agave nectar
- Corn syrup
- Date paste, powder, syrup, sugar
- Honey
- Maple syrup
- Molasses
- Sugar (*palm, piloncillo, coconut, jaggery, brown, white, and confectioner's*)



Spreads

- Baba ghanoush
- Guacamole
- Hummus
- Jams, jellies, marmalade
- Peanut, nut, and seed butters
- Salsas
- Pestos
- Tapenades
- Tzatziki



Spices, herbs, and flavorings

Use caution with spice mixes, such as a chili spice mix, since they may contain gluten, and always be sure to read the label. Never purchase any spices from the bulk section of a market because of the risk of cross contact.

- Salt
- Flavoring extracts (*vanilla, almond, mint, rosewater, orange blossom water*)
- Individual spices (*cardamom, cayenne, cinnamon, nutmeg, paprika, pepper, star anise, sumac, turmeric, tamarind, and others*)
- Fresh and most dried herbs (*mint, lemongrass, cilantro, chives, leeks, basil*)



Cereals, grains, and bakery

- Amaranth
- Buckwheat
- Some cereals, such as Chex
- Corn, corn flour, corn tortillas
- Cream of rice
- Gluten-free flours and baking mixes
- Gluten-free fresh bread, pita, muffins, cookies
- Gluten-free oats
- Grits
- Millet
- Teff
- Quinoa
- Rice and rice products
- Sorghum



Snacks

Check these carefully. Added ingredients and flavorings may be a source of gluten.

- Corn chips
- Dried fruits
- Fruit leathers
- Gelatin-based desserts
- Gluten-free granola
- Gluten-free jerky
- Plain nuts, seeds
- Popcorn
- Potato chips
- Gluten-free pudding
- Rice crackers, rice cakes, rice puffs
- Roasted chickpeas
- Roasted seaweed

Contact

The Celiac Disease Program, offered by our Pediatric Gastroenterology Service, is located at:

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