

Gluten-Free Pantry Swap Checklist

Grains & Flours

- Swap 'All-purpose flour' with 'Gluten-free 1-to-1 blend'

Note: Use for baking or thickening

- Swap 'Wheat flour' with 'Almond or coconut flour'

Note: Great for baking and breading

- Swap 'Breadcrumbs' with 'Crushed GF crackers, almond flour'

Note: Try Simple Mills or make your own

- Swap 'Regular pasta' with 'Brown rice, chickpea, or quinoa pasta'

Note: Cook with extra water and rinse

- Swap 'Flour tortillas' with 'Corn or cassava tortillas'

Note: Warm before use to avoid cracking

- Swap 'Wheat-based cereal' with 'Certified GF cereal'

Note: Check for barley malt syrup

- Swap 'Regular oats' with 'Certified gluten-free oats'

Note: Not all oats are gluten-free!

Condiments & Sauces

- Swap 'Soy sauce' with 'Tamari or coconut aminos'

Note: Regular soy sauce contains wheat

- Swap 'Teriyaki/marinades' with 'Gluten-free labeled versions'

Note: Check for soy sauce/wheat

- Swap 'Regular broth' with 'Certified GF broth'

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Note: Watch for yeast extract and barley

- Swap 'Salad dressings' with 'Homemade or GF labeled'

Note: Many dressings hide gluten

Baking Essentials

- Swap 'Regular baking powder' with 'Certified GF baking powder'

Note: Some use wheat starch

- Swap 'Wheat-based thickeners' with 'Arrowroot or tapioca starch'

Note: Great for sauces and desserts

- Swap 'Self-rising flour' with 'GF blend + baking powder'

Note: DIY mix: GF flour + leavening

- Swap 'Vanilla extract (cheap brands)' with 'Pure vanilla extract'

Note: Some imitation flavors use gluten

Snacks & Crackers

- Swap 'Wheat crackers' with 'Rice or seed-based crackers'

Note: Try Mary's Gone Crackers

- Swap 'Granola bars' with 'Certified GF bars'

Note: Watch for oats and sweeteners

- Swap 'Snack mixes' with 'GF-labeled trail mix or popcorn'

Note: Avoid malted ingredients

Pantry Staples

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- Swap 'Soy flour, semolina, spelt' with 'Certified GF grain flours'

Note: Avoid ancient wheats

- Swap 'Bulk bin spices' with 'Pre-packaged certified GF spices'

Note: Bulk bins risk cross-contamination

- Swap 'Instant gravy or soup mix' with 'Homemade or GF-labeled packets'

Note: Check all ingredients carefully

Extra Tips

- - Look for the Certified Gluten-Free label when in doubt.
- - Separate GF items from gluten items in your pantry.
- - Use dedicated containers or bins to reduce cross-contact.

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