

# Gluten-Free Nutrition Cheat Sheet

Your Quick-Reference Guide to Thriving Gluten-Free | LetsGoGlutenFree.com

Going gluten-free doesn't mean going nutrient-free! This cheat sheet helps you identify safe whole foods, avoid hidden gluten sources, and make sure you're getting the essential nutrients your body needs every day.

## NATURALLY GLUTEN-FREE WHOLE FOODS

### P Proteins

- Chicken & turkey
- Fish & seafood
- Eggs (all types)
- Beef & pork
- Beans & lentils
- Tofu & tempeh
- Nuts & seeds

### G Grains & Starches

- Rice (all varieties)
- Quinoa
- Oats (certified GF)
- Corn & polenta
- Potatoes & sweet potatoes
- Buckwheat
- Millet & amaranth

### F Fruits & Vegetables

- All fresh fruits
- All fresh vegetables
- Frozen (no sauce)
- Dried fruit (check label)
- Fresh herbs
- Leafy greens
- Root vegetables

### D Dairy & Alternatives

- Milk, cheese, yogurt
- Butter & ghee
- Almond/oat/coconut milk
- Cream cheese & sour cream
- Cottage cheese

### S Pantry Staples

- Olive oil & coconut oil
- Vinegars (not malt)
- Honey & maple syrup
- GF soy sauce / tamari
- Spices (single-ingredient)

### B GF Flours & Baking

- Almond flour
- Coconut flour
- Rice flour
- Tapioca starch
- Cassava flour

## HIDDEN GLUTEN: WATCH OUT FOR THESE

**AVOID** Soy sauce | Malt vinegar | Beer | Licorice | Seitan | Couscous | Flour tortillas

**CHECK** Sauces & gravies | Deli meats | Soup mixes | Salad dressings | Candy | Medications

**SAFE SWAPS** Tamari | Apple cider vinegar | GF beer/cider | Rice noodles | Corn tortillas | GF oats

### Gluten Goes By Many Names on Labels:

Wheat | Barley | Rye | Spelt | Kamut | Triticale | Durum | Semolina | Farina | Graham

Malt (malt extract, malt flavoring, malt syrup) | Brewer's yeast | Wheat starch | Modified food starch\*

\*Modified food starch is sometimes wheat-derived. Always check the allergen statement.

## KEY NUTRIENTS TO WATCH ON A GF DIET

### Fiber

Often low in GF diets since many GF products use refined starches.

**Sources:** Quinoa, brown rice, beans, fruits, vegetables, flaxseed, chia seeds

**Daily Target:** 25-30g/day

### Iron

GF diets may miss fortified wheat products.

**Sources:** Red meat, spinach, lentils, pumpkin seeds, dark chocolate

**Daily Target:** 8-18mg/day

### B Vitamins

Especially B1, B3, B9 (folate) — often added to wheat flour.

**Sources:** Eggs, leafy greens, nutritional yeast, GF fortified cereals, legumes

**Daily Target:** Varies

### Calcium

Important if also avoiding dairy.

**Sources:** Yogurt, cheese, fortified plant milks, kale, broccoli, almonds

**Daily Target:** 1000mg/day

### Vitamin D

Supports calcium absorption and immune health.

**Sources:** Sunlight, fatty fish, egg yolks, fortified milks, mushrooms

**Daily Target:** 600-800 IU

### Zinc

Can be lower in GF diets due to reduced whole grain intake.

**Sources:** Meat, shellfish, chickpeas, cashews, pumpkin seeds

**Daily Target:** 8-11mg/day

## SAMPLE DAY: BALANCED GF MEAL PLAN

### Breakfast

GF oatmeal with berries, walnuts, chia seeds & a drizzle of honey

### Snack

Apple slices with almond butter

### Lunch

Grilled chicken salad with quinoa, veggies & olive oil dressing

### Snack

Hummus with carrot & cucumber sticks

### Dinner

Baked salmon, roasted sweet potato, steamed broccoli & brown rice

### Dessert

Dark chocolate squares with a handful of mixed berries

## 10 QUICK TIPS FOR GF SUCCESS

1. Always read labels — ingredients can change without notice.
2. Look for the Certified Gluten-Free seal for extra confidence.
3. Keep a dedicated GF cutting board, toaster & colander to prevent cross-contamination.
4. When eating out, ask about shared fryers — fries cooked with breaded items.
5. Stock your pantry with naturally GF whole foods first, processed GF products second.
6. Consider a daily multivitamin formulated for GF diets to fill nutrient gaps.
7. Batch-cook GF grains like rice and quinoa on Sundays for easy weeknight meals.
8. Join a local or online GF community for recipe ideas and restaurant tips.
9. Pick up a gluten nutrition for a few weeks to spot any vitamin or mineral gaps early.
10. Be patient with yourself — it gets easier and more delicious with practice!

## Want More Gluten-Free Recipes & Tips?

Visit [LetsGoGlutenFree.com](https://lets-go-gluten-free.com) for hundreds of tested recipes, product reviews, meal plans & expert guides from Katie Wilson, RN.

Disclaimer: This cheat sheet is for informational purposes only and is not a substitute for professional medical or dietary advice. If you have celiac disease or a gluten sensitivity, please work with your healthcare provider and a registered dietitian.