



50 Things You Can Eat Right Now

GIG Education
Bulletin

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Hungry for a quick bite? Here are some ideas for processed food or easy-to-cook food that's safe to eat

1. Starkist tuna
2. Heinz or Del Monte Ketchup
3. Miracle Whip
4. French's Mustard
5. Tyson frozen breasts, wings, thighs
6. Blue Bell Vanilla Ice Cream
7. Amy's GF Frozen Enchilada dinners
8. Dinty Moore Beef Stew
9. Hormel Chile **WITH** Beans
10. Midel GF Cookies*
11. Kids Kitchen Beans & Wienies
12. Sargento Deli cheese slices
13. Velveeta
14. Daisy sour cream
15. Yoplait Yogurt
16. Glutano or Glutino pretzels*
17. San J Wheat Free Tamari sauce
18. Mission tortilla chips
19. Amy's brand tomato & lentil soups
20. Tinkyada pastas*
21. Prego spaghetti sauce original
22. 100% pure ground beef or turkey
23. Lipton onion soup mix
24. Sargento shredded cheddar cheese
25. Hershey's chocolate candy bar
26. Philadelphia Cream Cheese
27. Danon **plain** yogurt
28. Ruffles potato chips**
29. Butterball turkeys (no sauce packets)
30. Snickers chocolate candy bar
31. Sugar Babies
32. Pickles, olives (all distilled vinegar is safe, **malt vinegar** is not)
33. Fresh fruit
34. Butter
35. I Can't Believe It's Not Butter (margarine)
36. Thai Kitchen Instant Rice Noodles (lemon grass, curry, garlic & vegetables, others)
37. Fritos**
38. Progresso Creamy Mushroom Soup
39. Fresh vegetables
40. Cook's ham slices
41. Hormel pepperoni regular & turkey
42. Carl Budding sandwich meats
43. Albertson's brand frozen turkeys
44. Carnation hot chocolate, Instant Breakfast
45. Carnation creamers (liquid & powdered)
46. Nestle's chocolate chips
47. Black Label bacon
48. Eggs & Egg Beaters
49. Kinnikinnick Frozen Breads*
50. Chebe Bread Mixes*

*Found in most health food stores
** May have cross contamination in production

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This information should not be used to diagnose or treat thyroid or celiac disease. See your health care team for diagnosis and treatment options specifically for you.

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GIG is a nonprofit 501c3 national organization providing support for per persons with gluten intolerances, in order to live health, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.