



gluten-free guide for vegans

This list contains gluten-free items that are specific or helpful to people who adhere to a vegan diet. Be sure to also check out the pantry and refrigerator guides for other gluten-free food suggestions that are a part of a well-balanced vegan diet!

Important: *All of these items listed should also be gluten-free if you are adhering to a strict gluten-free diet. Check with individual manufacturers for any questions about ingredients and/or updates on whether or not a specific product's ingredients have changed. If you have other intolerances, allergies, or special dietary needs, then you should also do your homework.*

vegan milk substitutes

almond
coconut
flaxseed
soy

Brand recommendation: So Delicious Dairy Free

Almond Plus™ Almond Milk Beverages (Original, Vanilla, and Unsweetened) and Coconut Milk (Original, Unsweetened Original, Vanilla, Unsweetened Vanilla and Chocolate) sodeliciousdairyfree.com

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vegan cheese substitutes

rice cheese substitute
almond cheese substitute

Brand recommendation: Daiya Cheese

Slices (Cheddar, Swiss, and Provolone), Wedges (Cheddar, Jack, and Jalapeño Garlic Havarti) and Shreds (Pepperjack, Mozzarella, and Cheddar) *Also free of dairy (casein, whey, and lactose), soy, gluten, eggs, peanuts, and tree nuts (except coconut) daiyafoods.com

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vegan butter substitutes

Brand recommendation: Earth Balance All Natural Spreads

Buttery Spreads (Original, Olive Oil, Soy Free, and Organic Whipped); Baking Sticks (Shortening Sticks and Vegan Buttery Sticks); and Culinary Spreads (Organic Coconut and Organic Garlic and Herbs) earthbalancenatural.com

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vegan cream cheese substitutes

Brand recommendation: Daiya Cream Cheese Style Spreads

Plain, Chive & Onion, and Strawberry *Also free of dairy (casein, whey, and lactose), soy, gluten, eggs, peanuts, and tree nuts (except coconut) daiyafoods.com

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vegan yogurt substitutes

Brand recommendation: So Delicious Dairy Free

Cultured Coconut Milk (variety of flavors, including Blueberry, Raspberry, Strawberry, Chocolate, and Vanilla) and Greek Style Cultured Coconut Milk (variety of flavors, including Blueberry, Strawberry, Raspberry, and Vanilla) sodeliciousdairyfree.com

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vegan cream substitutes

Brand recommendation: So Delicious Dairy Free Coconut Milk “Creamers”

Original, Vanilla, and Hazelnut sodeliciousdairyfree.com

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vegan mayonnaise substitute

Brand recommendation: Follow Your Heart

Vegenaise (Original, Reduced Fat, and Grapeseed Oil) followyourheart.com

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vegan frozen pizza

Brand recommendation: Daiya Pizzas (Cheeze Lover’s, Fire-Roasted Vegetable, Mushroom & Roasted Garlic and Margherita) *Also free of dairy (casein, whey and lactose), soy, gluten, eggs, peanuts, and tree nuts (except coconut) daiyafoods.com

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vegan frozen desserts

Brand recommendation: So Delicious Dairy Free Frozen Desserts

Coconut Milk Frozen Desserts (variety of flavors, including Cookie Dough, Chocolate Peanut Butter Swirl, Green Tea, and Turtle Trails); Almond Milk Frozen Desserts (variety of flavors, including Mocha Almond Fudge, Mint Chip and Chocolate); and Purely

Decadent Pints (variety of flavors, including Peanut Butter Zig Zag, Chocolate Obsession, and Pomegranate Chip) sodeliciousdairyfree.com

*** Note: Not all So Delicious frozen desserts are gluten-free, so be sure to check labels!**

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vegan extras

nutritional yeast: Famous for its Parmesan cheese-like taste, nutritional yeast is packed with nutrients, including vitamin B12, selenium, and folic acid. It's also salt-, sugar-, and gluten-free (check specific brands for certification). Find it in the bulk section at your health foods store.

flaxseed meal: Throw it in a smoothie for an omega-3 and fiber boost or use it as a substitute for eggs in baked goods. Mix 1 Tablespoon of flaxseed meal with 3 Tablespoons of warm water in a small bowl, allowing it to sit for 5 minutes before using it to replace 1 large egg.

shelled hemp seed: Like flaxseed, shelled hemp seeds contain essential amino acids and are a great source of fatty acids, like omega-3s. Sprinkle them on a salad or in a smoothie for a plant-based source of protein. **Brand recommendation:** Nutiva Organic (Shelled Hempseed nutiva.com)

spirulina powder: This superfood is packed with chlorophyll, iron, B vitamins, Omega-3s, and a host of other nutrients. Add a scoop to your smoothie for a healthy green boost!

plant-based protein powder: Another helpful smoothie addition, plant-based protein powders give an extra dose of nutrients and protein that are essential to any diet **Brand recommendation:** Sunwarrior Warrior Blend (Natural, Vanilla and Chocolate sunwarrior.com)

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**** When reading labels, watch for these ingredients:**

Barley
Barley Malt
Bran
Bulgar
Durum
Farina
Graham
Kamut

Malt (flavoring, extract, syrup, etc.)
Oats (unless they are certified gluten-free)
Rye
Spelt
Triticale
Semolina
Vegetable Starch
Wheat