



# gluten-free refrigerator guide

This is not a complete list of refrigerated gluten-free items, but rather a list of those that are helpful and/or essential to a well-balanced gluten-free lifestyle. Be sure to check the pantry, vegan and kids & teens lists for other gluten-free recommendations that may suit your dietary requirements. And remember — don't go buy everything at once! Instead, buy some items that are already favorites or a few essentials, then purchase other items as you learn what you like or want to try a new recipe!

***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.

## REFRIGERATOR

### produce

fresh vegetables (carrots, celery, broccoli, asparagus, Brussels sprouts, and whatever else you might like. Always have two or three of them on hand.)

avocados

potatoes (sweet, red, purple, yellow, etc.)

garlic

spinach

lettuces (red, romaine, Boston, etc.)

arugula

kale

mustard greens

dandelion greens

collard greens

parsley

onions: (yellow, red, green)

apples

bananas

cherry tomatoes

lemons & limes

berries

grapes

grapefruit  
nectarines  
kiwis  
fresh herbs (basil, thyme, oregano, sage, rosemary, etc.)

**NOTE:** Try to choose produce that is in season for your area. Check out [EatWellGuide.org](http://EatWellGuide.org) for a map of seasonal produce throughout the United States.

### **poultry/meat/seafood**

beef  
chicken  
turkey  
pork  
lamb  
duck  
wild-caught fish (Coho salmon, mahi mahi, etc.)  
shrimp  
scallops

**NOTE:** Poultry, meats and seafood are gluten-free in their fresh, natural state. Once ingredients are added, it's important to do some research in order to determine if a specific food item is gluten-free.

### **alcohol**

gluten-free beer  
cider  
wine  
champagne  
vodka  
tequila

**NOTE:** Not all of the alcohol types listed above are always gluten-free. See [sincerelycaroline.com/choosing-gluten-free-alcohol](http://sincerelycaroline.com/choosing-gluten-free-alcohol) for specific brand recommendations.

### **other refrigerated items**

eggs  
milk or dairy-free milk  
goat cheese  
feta cheese  
dairy-free cheese substitutes (see vegan guide for suggestions)  
Greek yogurt  
coconut yogurt  
hummus

extra firm tofu  
almond meal (refrigerate after opening)  
almond butter (refrigerate after opening)  
natural peanut butter (refrigerate after opening)  
flaxseed meal (refrigerate after opening)

## **FREEZER**

**wild-caught fish** (mahi mahi, Coho salmon, Wild Alaskan Salmon, etc.)

**frozen vegetables** (corn, edamame, peas, green beans, cauliflower, okra, broccoli, etc.)

**frozen fruit** (strawberries, peaches, pineapple, mixed berries, etc.)

**veggie burgers:** A lunchtime essential in my house, especially when I'm out of leftovers and lengthy food prep isn't an option. **Brand recommendation:** **Hilary's Eat Well (Hemp & Greens, Adzuki Bean Burger, and Veggie Burger [hilaryseatwell.com](http://hilaryseatwell.com))**

**gluten-free bread:** I don't rely on it as a regular, but I love a good sandwich every now and then. Keeping my gluten-free bread in the freezer helps it to last longer. That way, I only take out what I need and the rest stays frozen. **Brand recommendation:** **Three Baker's** (Whole Grain Rye Style and 7 Ancient Grains breads [threebakers.com](http://threebakers.com))

**\*\* 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