











Gluten Free Shopping Guide





This shopping guide lists a range of suitable food products for people with diabetes who also require a gluten free diet. Listed products can be found at leading supermarkets. To ensure the product is gluten free, always check food labels. For individual dietary advice, make an appointment with an Accredited Practising Dietitian.



Food	Common Examples	
<p>Vegetables</p>	<ul style="list-style-type: none"> • All Fresh • Frozen (avoid potato wedges/chips) • Canned / Jar (no added oil): Artichokes, Olives, Capsicum, Mushrooms etc • Potato: Carisma (Coles), Nicola, Nadine, Sweet Potato (orange flesh) <p><i>Battered, crumbed or seasoned vegetables may contain gluten</i></p>	
<p>Fruit</p>	<ul style="list-style-type: none"> • All Fresh • Canned (natural juice, drained) • Frozen • Dried (no added sugar) 	
<p>Bread, Wraps and Bread Flour</p>	<p>Gluten free Multigrain and Wholemeal</p> <ul style="list-style-type: none"> • Burgen Gluten Free Soy-Lin, Sunflower and Chia • Helga's Gluten Free 5 Seed, Soy and Linseed, Sunflower and Red Quinoa • Country Grain Multigrain, Low GI White • Lifestyle Bakery Soft n Light Chia and Quinoa • Genius Seed Loaf • Dovedale Chia and Rice Bread • Coles Simply Gluten Free 4 Seed Bread • Has No six seeds Bread (Aldi) • Gluten free wraps: Freedom Foods, Old time Bakery <p>Gluten free baking bread flour</p> <ul style="list-style-type: none"> • Orgran Multigrain Bread Mix Quinoa and Chia • Laucke Easy Bakers Mix Meal and Grain • Coles Simply Gluten Free 4 Seed Bread Mix • Springhill The Real Bread Mix Gluten Free Vegan and Seed Loaf <p><i>Add gluten free grains, nuts, seeds or other gluten free flour varieties to bread mix including buckwheat, soy grits, psyllium, chia, rice bran, linseed, LSA and sunflower seeds, besan (chickpea), lentil or quinoa flour for additional fibre and to lower the GI.</i></p>	



Food	Common Examples	
Breakfast Cereal	<p>Lower fat, higher fibre</p> <ul style="list-style-type: none"> • Freedom Foods Ancient Grain Flakes, Active Balance multigrain, 3 ancient grain muesli • Coles Simply Gluten Free Multigrain or Buckwheat • Lotus Organic Quinoa Flakes • Free and Lo Monster Muesli • Food For Health Gluten Free Muesli • Lowan Soy Flakes • Has No Almond and Vanilla Muesli (Aldi) • Sanitarium Gluten Free Weet-Bix <p><i>Add gluten free grains, nuts and seeds to cereal including buckwheat, soy grits, psyllium, chia, rice bran, LSA, sunflower seeds etc. for additional fibre and to lower the GI.</i></p>	
Pasta, Rice, Noodles and Other Grains	<p>Rice</p> <ul style="list-style-type: none"> • SunRice Low GI White and Brown • Basmati Long Grain (White and Brown) • Wild Rice • Mahatma Long Grain (White or Brown) • Sri Lankan Red Rice <p>Pasta</p> <ul style="list-style-type: none"> • Buontempo Rice Pasta • Orgran Buckwheat Pasta, Vegetable pasta, Multigrain Pasta With Quinoa or Amaranth • San Remo Gluten Free Pasta • Coles Simply Gluten Free Pasta Range • Slendier Pasta and Noodles • Has No Wholemeal Pasta (Aldi) <p>Noodles</p> <ul style="list-style-type: none"> • Chang Noodles: Rice Vermicelli or Wok Ready • Trident Rice Vermicelli <p>Other Grains</p> <ul style="list-style-type: none"> • Quinoa and Quinoa flakes • Coles Simply Gluten Free Quinoa microwave cups • Psyllium husks • Buckwheat • Soy <p><i>Other gluten free grains such as amaranth, millet, tapioca and polenta can also be included, but have a higher GI value.</i></p>	
Dry Biscuits	<p>Lower fat, higher fibre biscuits with wholegrains</p> <ul style="list-style-type: none"> • Sakata Multigrain Original Rice Crackers • Orgran Toasted Multigrain Crispbread with Quinoa or Chia seeds, Essential Fibre Crispbread 	

Food	Common Examples	
<p>Milk</p>	<p>Skim or reduced fat varieties, with higher calcium:</p> <ul style="list-style-type: none"> • Fresh (unflavoured) • Long Life (UHT) (unflavoured and powered) <p>Examples</p> <ul style="list-style-type: none"> • Physical No Fat, Low Fat • Pura Tone, Light Start • Devondale Smart Plus (UHT) • Anlene No Fat, Low Fat • Zymil Lactose Free - No Fat, Low Fat • Farmdale Fresh Low fat milk (Aldi) 	
<p>Yoghurt</p>	<p>Reduced fat or diet varieties, with higher calcium:</p> <ul style="list-style-type: none"> • Natural, Plain, Greek • Fruit Flavoured <p>Examples:</p> <ul style="list-style-type: none"> • Jalna No Fat or Low Fat • Vaailia Low Fat, Lactose Free, No Added Sugar • Tamar Valley No Fat, Low Fat, No Added Sugar • Yoplait Formè • Ski D'Lite • Black Swan No Fat or Low Fat Greek Style 	
<p>Soy Products</p>	<p>Options with added calcium:</p> <ul style="list-style-type: none"> • Fresh and Long Life (UHT) Unflavoured Milk • Plain and Fruit Flavoured Yoghurt <p>Examples:</p> <ul style="list-style-type: none"> • Vitasoy Soy Milky Range (reduced fat) • So Good Milk Range (reduced fat) • Soy Life Yoghurt Range 	
<p>Cheese</p>	<p>Reduced fat varieties:</p> <ul style="list-style-type: none"> • Cottage Cheese - Reduced Fat e.g. Westacre Lite (Aldi) • Ricotta Cheese - Extra Light, Light • Tasty/Cheddar Cheese - Reduced Fat e.g. Bega 50% Less Fat Range • Cream Cheese - Reduced fat e.g. Kraft Philadelphia Cream Cheese - Extra Light • Jarlsberg Cheese - Reduced fat e.g. Jarlsberg Lite Cheese Slices 	

Food Categories	Common Examples	
Meat and Poultry	<p>Choose lean or skinless varieties of:</p> <ul style="list-style-type: none"> • Beef, Lamb, Kangaroo, Venison, Pork, Chicken, Turkey • Mince meat: Extra Lean, Heart Smart or premium <p><i>Options with stuffing or crumbing may contain gluten</i></p>	
	<p>Deli and Pre-sliced</p> <ul style="list-style-type: none"> • KR Castlemaine Australian & Sodium Reduced - Shaved Ham & Chicken range • Don English Lite Shaved Leg Ham, Roast Chicken • Primo Roast Beef • Hans Premium oven baked leg ham <p><i>Some deli meat may contain gluten – check nutrition labels</i></p>	
	<p>Sausages and Burgers</p> <ul style="list-style-type: none"> • Peppercorn Pork Sausages • Macro Meat Gourmet Game Kanga Banga and Burger <p><i>Some sausages may contain gluten – check the nutrition labels</i></p>	
	<p>Canned</p> <ul style="list-style-type: none"> • Chop Chop Chicken Lite Mayo, Cracked Pepper 	
Fish and Seafood	<p>Fresh examples:</p> <ul style="list-style-type: none"> • Sardines, Salmon, Tuna, Trevally, Flat Head, Calamari, Mussels, Scallops, Prawns, Oysters <p><i>Seafood with crumbing or batter may contain gluten</i></p> <p>Canned Examples:</p> <ul style="list-style-type: none"> • John West Wild Alaskan Red/Pink Salmon – low salt • Brunswick Sardines in Spring Water – low salt • Sirena Flavoured Tuna Varieties e.g. Tomato and Onion <p>Frozen Examples</p> <ul style="list-style-type: none"> • Tassal Easy Bake Premium Salmon - Natural • Ocean Royale Atlantic Salmon (Aldi) • Birds Eye Steam Fresh fish <p>Smoked Example</p> <ul style="list-style-type: none"> • Tassal Smoked Salmon - Salt Reduced 	

Food	Common Examples	
<p>Lentils, Legumes and Tofu Products</p>	<p>Canned lentils and legumes</p> <ul style="list-style-type: none"> • Heinz Baked Beans - No Added Salt • Edgell Lentil and Legume Canned Range • Veggie Delight Chilli con carne <p>Dried lentils and legumes</p> <ul style="list-style-type: none"> • Chick Nuts Roasted Chickpeas • McKenzies Dried Lentil & Legume range <p>Plan and Silken Tofu</p> <ul style="list-style-type: none"> • Tofu e.g. Simply Better Plain Tofu, Soyco Tofu • Tofutti Cream Cheese Slices (dairy free) <p><i>Flavoured or marinated tofu may contain traces of gluten</i></p> <p>Vegetarian alternatives</p> <ul style="list-style-type: none"> • Primasoy Tempeh (fermented soybean) 	
<p>Eggs</p>	<p>Whole eggs, Omega 3 Enriched, Free Range and Organic</p> <ul style="list-style-type: none"> • Pace Farm Free Range Omega 3 enriched 	
<p>Pre-Prepared Meals</p>	<p>Lower fat and lower salt varieties with vegetables:</p> <p>Packaged Meals:</p> <ul style="list-style-type: none"> • St Dalfour Ready to Eat Gourmet to Go • Tasty Bite Madras Lentil, Jaipur Curry • John West Tuna and Beans Range • Sue Shepherd Packaged meals: Green Curry, Paella <p>Soup:</p> <ul style="list-style-type: none"> • Campbell's Country Ladle - Butternut Pumpkin only • La Zuppa All varieties • Pitango (refrigerated) - Mushroom, Spiced Chicken, Pumpkin, Vegetable & Quinoa, Seafood Chowder <p><i>Some soups may contain gluten or wheat products</i></p>	
<p>Oil and Margarine</p>	<p>Oil</p> <ul style="list-style-type: none"> • Olive, Sunflower, Sesame, Macadamia, Canola, Safflower, Rice Bran, Grape Seed etc. <p>Margarine Examples</p> <ul style="list-style-type: none"> • Meadow Lea Heart Plus Extra Light • Flora Pro Active Ultra Light • Nuttelex Light 	

Food Categories	Common Examples	
Herbs, Spices, Dips and Condiments	<ul style="list-style-type: none"> All fresh or dried herbs and gluten free spice blends Lemon and Lime Juice Masterfoods Honey Wholegrain Mustard, Mustard, Gherkin Relish Podravka Adjar Vegetable Relish Fountain Smart Tomato Sauce and BBQ Sauce Chris' or Black Swan Low Fat Tzatziki, Hummus Old El Paso Thick n Chunky Salsa Range 	
Salad Dressing	<p>Reduced fat varieties:</p> <ul style="list-style-type: none"> Kraft 97% and 99% Fat Free Dressing Range Praise 97% and 99% Fat Free Dressing Range Praise 97% fat free Mayonnaise Vinegar & Verjuice <p><i>Some mayonnaise and vinegar (malt) varieties may contain gluten</i></p>	
Stock, Gravy and Sauce	<p>Lower salt varieties:</p> <ul style="list-style-type: none"> Vegeta Delight Vegetable Stock Powder Massel Salt reduced Stock cubes and powder Leggo's Tomato Paste No Added Salt Gravox Traditional Gravy Reduced Salt Coles Simply Gluten Free Basilico Sauce Dolmio Classic Tomato Sauce Salt Reduced 	
Jam, Marmalade and Spreads	<p>Reduced sugar varieties:</p> <ul style="list-style-type: none"> IXL Spreadable Fruit 50% Less Sugar <p>Reduced fat and salt varieties:</p> <ul style="list-style-type: none"> Kraft Peanut Butter No added sugar or salt Sanitarium Natural Peanut Butter Range Honey (limit to 1-2 teaspoon amounts) 	
Snacks	<p>Reduced fat and sugar varieties:</p> <ul style="list-style-type: none"> Bulla Fruit n Frozen Yoghurt Range Peters No Added Sugar Vanilla Ice-cream So Good Chocolate Bliss, Vanilla Bliss Ice-cream Nestle Soleil Dessert Range Sunbites Popcorn lightly salted Nuts and Seeds – raw or dry roasted with no added salt, no added seasoning or coating Shepherd Works Gluten Free Jelly Beans <i>(only recommended for treatment of hypoglycemia)</i> 	

Food	Common Examples	
Modified Sugars and Artificial Sweeteners	<ul style="list-style-type: none"> • Equal Sweetener Original, Sweetener Range • Splenda Range (granular suitable for cooking) • Stevia Range e.g. Natvia • CSR Smart sugar (Modified Sugar) 	
Beverages	<ul style="list-style-type: none"> • Water, Mineral Water, Soda Water • Vegetable Juice e.g. Campbells V8 Vegetable Juice • Coffee - Black or with Reduced Fat Milk • Herbal, Green, Black Tea • Diet / Sugar free - Cordial, Soft Drink, Iced Tea or Flavoured Mineral Water • Chocolate e.g. Vitarium Sugar Free Chocolate Powder <p>Alcohol - wine (including sparkling and fortified), most spirits, liqueurs and cider are gluten free <i>(Avoid beer, ale, stout and lager unless labeled gluten free and avoid any other alcoholic beverage containing malt)</i></p>	

Further Information

Label Reading

A gluten free diet requires choosing foods that do not contain gluten-containing grains such as wheat, spelt, rye, barley, oats (non gluten free), triticale or derivatives of these products e.g. malt.

You must check the ingredient list of every food and beverage you consume to ensure it is gluten free. All gluten containing allergens must be declared in Australia on the food label. Therefore, if there are no gluten containing ingredients listed, you can assume the product is gluten free. Please note that ingredients such as dextrose, glucose, glucose syrup and caramel are gluten free even if they are derived from wheat, as these are very highly refined without gluten particles.

Ingredient Declaration



Water, Wheat Flour, Mixed Wholegrains (13%) (Kibbled Corn, Oats (3%), Kibbled Rye, Kibbled Wheat, Kibbled Barley), Wheat Gluten, Oat Bran (6%), Linseed, Canola Oil, Baker's Yeast, Honey, Vinegar, Iodised Salt, Cultured Whey, Vitamins (Thiamin, Folate).

Contains: Wheat, Oats, Rye, Barley & Milk.
 May be present: Sesame Seeds & Soy.

Ingredient Declaration










Water, Modified Tapioca Starch (1442), Rice Flour, Kibbled Soy, Linseed (6%), Canola Oil, Sugar, Chia Seeds, Soy Flour, Egg White, Iodised Salt, Dried Yeast, Vinegar, Vegetable Gum (412, 464).

Source: *Burgen Wholegrain and Oats Bread (gluten containing), Burgen Gluten Free Sunflower and Chia Bread (Gluten free)*



Products using the crossed grain logo are endorsed by Coeliac Australia and are tested to be suitable for people with Coeliac Disease although not all gluten free products have this logo.

Useful Apps and Websites

<p>Websites</p>	<p>Shepherd Works: Contains resources and an online shop www.shepherdworks.com.au</p> <p>The Coeliac Society of Australia www.coeliac.org.au can provide you with a range of resources and membership is recommended.</p> <p>The Gluten Free Eating Directory provides a list of distributors, food products and food vendors that specialize in gluten free cuisine www.glutenfreeeatingdirectory.com.au</p> <p>The Gluten Free Shop online store of many gluten free foods www.glutenfreeshop.com.au</p>
<p>Mobile Phone Applications</p>	<p> The Coeliac Society of Australia has an ingredients App. This provides information on over 800 ingredients and 300 food additives.</p> <p> The Healthy Food Guide contains 101 gluten free recipes.</p> <p> The FoodSwitch App now contains a gluten switch component which can tell you if packaged foods contain gluten.</p> <p> Gluten Free by Ingredient – Australia and New Zealand: Determine whether packaged products available in Australia and New Zealand are gluten free.</p> <p> Orgran Gluten Free Recipes. Over 300 gluten free recipes available at your fingertips with delicious gluten free food the whole family will enjoy.</p> <p> The Gluten Free Eating Directory provides a list of distributors, food products and food vendors that specialize in gluten free cuisine</p>
<p>Recipe Resources</p>	<p>Taste website offers a number of various recipe ideas which include those that are gluten free and suitable for diabetes www.taste.com.au</p> <p>Wheat and Gluten free in Diabetes - Sue Shepherd: Contains a range of recipes for people with diabetes following a gluten free diet. Available at www.shepherdworks.com.au RRP: \$29.99</p> <p>Low GI Diet and Gluten Free cooking: Combines gluten free and low glycemic index (GI) diets with recipes including low GI gluten free substitutes. Available at leading bookstores. RRP: \$11.99.</p> 

Disclaimer: While every attempt has been made to only list gluten free products, Baker IDI acknowledges that food products do change. Baker IDI suggest that food labels are always checked for any gluten containing ingredients.

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