

# GLUTEN-FREE PRODUCT RECOMMENDATIONS

If you have been diagnosed with coeliac disease or you are gluten intolerant these three aspects of eating are challenging:

- Tastes good
- High fibre
- Free from additives and preservatives

Here are our recommendations for products that do the best in these three categories.

ITEM	PRODUCTS
<p><b><u>BREAD</u></b></p> <p>Super tricky to tick the taste box here and free from additives and preservatives. Aim to tick the high-fibre box and one that tastes good.</p>	<ul style="list-style-type: none"> <li>• Abbotts gluten-free</li> <li>• Wholemeal</li> <li>• Mixed seed</li> <li>• Soy and linseed</li> <li>• Helgas</li> <li>• 5 seeds</li> <li>• Mixed grain</li> <li>• Soy and linseed</li> <li>• Traditional wholemeal</li> <li>• Coles, I'm free from</li> <li>• 5 seed bread</li> <li>• Seed gluten-free bread – from Health food shops</li> <li>• Golden Hearth</li> <li>• Seed loaf</li> <li>• Genius</li> <li>• Triple-seeded soft rolls</li> </ul> <p><b>Make your own with Simply Wize bread mix:</b> Whiz/blend the following ingredients – 1 tablespoon of psyllium husk + 1 tablespoon of banana starch and increase the extra virgin olive oil to ¼ of a cup. Split into four and allow to rise then roll into log shapes, wrap in baking paper and freeze until ready for use. They take 20mins to cook.</p> <ul style="list-style-type: none"> <li>• Wraps – aim to choose varieties with the least additives. These are rarely high-fibre. Instead, add your own mix of salad, veggies, lentils and legumes to get more fibre in.</li> <li>• Old El Paso – gluten-free wraps</li> <li>• Genuis – stone baked pitas</li> <li>• See our recipe for homemade pitas</li> </ul>
<p><b><u>Pizza base</u></b></p> <p>Unlikely to be high fibre or free from additives and preservatives. We've gone with taste here.</p>	<ul style="list-style-type: none"> <li>• Toscano pizza bases</li> <li>• See our recipe for making your own</li> </ul>
<p><b><u>Savoury biscuits</u></b></p> <p>Good for work and everyday</p>	<ul style="list-style-type: none"> <li>• Good for work and everyday</li> <li>• Corn thins – multigrain or original avoid flavoured varieties</li> <li>• Brown rice thins – 4g/100g</li> <li>• Party platters or high-fibre snack</li> <li>• Carmans – super seed and grain crackers 12.3/100g (no additives and preservatives)</li> <li>• Olina's No Gluten – 6.3/100g (contains additives and preservatives)</li> </ul>
<p><b><u>Grains</u></b></p>	<ul style="list-style-type: none"> <li>• Brown rice 3.5g/100g – use with curry, stir fry, salads</li> <li>• Microwave rice has stabilisers added so use it sometimes</li> <li>• Quinoa 7g/100g – great in salads</li> <li>• Buckwheat 10.3g/100g – great in salads</li> <li>• Macro organic, brown rice, quinoa and chia seeds with garlic (90seconds in the microwave)</li> </ul>
<p><b><u>Pasta</u></b></p>	<p>Pulse pasta – 7.8g of fibre/100 GF pasta – 1.7g/100g</p>

# GLUTEN-FREE PRODUCT RECCOMENDATIONS CONT.

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<p><b><u>Baking.</u></b>  <b>Super tricky to tick the taste box here and free from additives and preservatives. Aim to tick the high-fibre box and one that tastes good.</b></p>	<ul style="list-style-type: none"> <li>• LSA – add 1 tablespoon to every cup of flour for cakes, muffins, slices and pikelets.</li> <li>• Almond or hazelnut meal –use for cakes, muffins and bliss balls</li> <li>• Banana starch – used in cakes with vegetables such as the zucchini loaf or the pear and dark chocolate loaf, pikelets and bread rolls</li> <li>• Add 2tsp of psyllium husk to every cup of flour for slices and biscuits</li> </ul>
<p><b><u>Cereal</u></b></p>	<ul style="list-style-type: none"> <li>• Food for Health – chia and cinnamon fruit-free clusters 8.1g/100g</li> <li>• Weet-Bix – original gluten-free 8.1g/100 or coconut and cinnamon 8.6</li> </ul> <p><b>Carman's</b></p> <ul style="list-style-type: none"> <li>• Grain-free granola – gluten and preservative-free 9.8/100</li> <li>• Grain-free granola – cranberry, blueberry and raspberry - gluten and preservative-free 8.6/100g</li> <li>• Crsipy deluxe fruit and nut muesli</li> <li>• Freedom Foods</li> <li>• Active balance – fruit, seeds and muesli 10.7g/100g</li> </ul>
<p><b><u>Muesli bars</u></b></p>	<ul style="list-style-type: none"> <li>• Carman's Muesli Bars that feature chocolate contain Emulsifier – Soy Lecithin (322) within the drizzle.</li> <li>• Carman's Greek Style Yoghurt Fruit &amp; Nut Muesli Bars, Greek Style Yoghurt Blueberry Nut Bars and Greek Style Yoghurt Protein Bars contain Food Acid 330</li> <li>• Emulsifier 471 is in Carman's Gluten Free Almond &amp; Maple Muesli. Antioxidant E307b is in Gluten Free Almond &amp; Maple Muesli and Gluten Free Cranberry, Honey &amp; Cinnamon Muesli Bars.</li> </ul>
<p><b><u>Best choices – Carmans</u></b></p>	<ul style="list-style-type: none"> <li>• Almond hazelnut vanilla bars</li> <li>• Almond cashew cranberry</li> <li>• Sam's Pantry</li> <li>• Contain additives</li> <li>• Honey salted macadamia</li> <li>• Tasti – made simple forest fruits</li> </ul>
<p><b><u>Flour</u></b></p>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Arrowroot</li> <li>• Buckwheat – good for pancakes, pikelets,</li> <li>• Corn – cornmeal, grits and polenta labelled gluten-free</li> <li>• Gluten-free flours – rice, soy, corn, potato and bean flours. Pre-mixed.</li> <li>• Millet</li> <li>• Quinoa – great to add to salads</li> <li>• Rice, including wild rice – great to add to salads</li> <li>• Sorghum</li> <li>• Soy</li> <li>• Tapioca (cassava root)</li> <li>• Teff – brownies, chocolate cake</li> </ul>

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