

# Gluten-Free Grab 'n Go

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Know how. Know **now**.

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Whether you're heading to class, work, or the library, when you're on a gluten-free (GF) diet you need GF foods ready to Grab 'n Go! Keep these snacks handy to throw into your backpack, briefcase, or purse and head for the door! **Always check ingredients on labels. Call manufacturers. When in doubt, leave it out.**

## GF Breakfast/Granola Bars:

- Enjoy Life Breakfast bars (contain sorghum)
- Bakery on Main GF granola bars
- LARA bar organic bars — all varieties

## Candy Bars:

- Hershey's chocolate bars
- Reese's Peanut Butter cups
- Snickers

## GF Cereal:

- EnviroKidz — GF varieties
- General Mills Rice, Corn, Honey Nut Chex

## GF Cookies:

- Enjoy Life varieties (contain sorghum)
- Kinnikinnick varieties
- French Meadow Bakery, GF Brownies, Chocolate Chip cookies (single servings)

## GF Crackers:

- Blue Diamond Nut Thins
- Glutino crackers
- Mr. Krispers

**Eggs:** hard boiled in the shell — naturally sealed!

**Fruit:** apple, banana, oranges, applesauce, fruit cups

**Nuts, GF Dried Fruit, GF Cereal in a Bag:**

- Eden Foods – packaged fruit, nuts, seeds

**Peanut/Sunflower Butter Packets:**

- Jif, Peter Pan, Skippy peanut butter
- Sunflower butter

**Popcorn:** plain or check micro-wave ingredients

**GF Pretzels:** ENER'G, Glutino

**Veggie Bags:** cut up carrots, cauliflower, celery, grape tomatoes.

Add a packet of GF salad dressing for dip.

### GRAB:

- ✓ a nutritious snack; make every bite count
- ✓ pre-packaged snacks
- ✓ 2 to 3 snacks...just in case



### GO:

- ✓ with high energy, low sugar snacks.
- ✓ for foods made from whole grains; they will keep you going.
- ✓ for naturally GF snacks; most are less expensive & healthier.

This publication is made available through a grant from the Nebraska Grain Sorghum Board. For more information about sorghum — where to purchase, recipes, and more — call the Sorghum Board at (402) 471-4276 or email [sorghum.board@nebraska.gov](mailto:sorghum.board@nebraska.gov)

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