

# Shopping List For Gluten and Dairy Free Healthy Foods



DR. LEILA MASSON  
MD, MPH, DTMH, IBCLC  
[www.leilamasson.com](http://www.leilamasson.com)

## From a Supermarket

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**Shop around the edges where the fresh produce is – the centre aisles are full of processed and unhealthy foods.**

- Lots and lots of fresh produce- fruit and vegetables!
- Rice Milk: best is Vitasoy Rice Milk protein enriched with garbanzo beans
- Almond butter
- Almonds raw
- Cashew nuts (raw- you can roast them yourself)
- Cold pressed extra Virgin Olive Oil
- Gluten free breakfast cereal- watch the sugar content.
- Hummus/ salsa
- Tamari (gluten free soy sauce).
- Rice crackers- Sakata tend to have less additives- go for the wholegrain one
- Real foods Corn Thins- the sesame one is actually organic and the same price- good big crackers for lunch box.
- Brown rice – any kind: Basmati, short or long grain
- Gluten free long spaghetti and penne/ spiral pasta/lasagna sheets – San Remo is very palatable
- Oak baked beans or Watties light are both gluten free
- Organic raisins (in moderation)
- Popcorn, raw to make yourself
- Dry beans – any kind: chick peas, black beans, kidney beans, lentils: high in antioxidants
- Gluten free bread- Venerdi Country is nice toasted or Healtheries do a bread mix for bread maker. You will need to experiment here with different brands of gluten free bread.
- Rice flour
- Sardines: good source of protein- only in olive oil or spring water.
- Eggs- organic free range recommended
- Most Eco Store cleaning products can be bought at the supermarket
- Henderson's Bacon- it is cured without nitrates.

## From a Health Food Store

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- Organic fruits and vegetables
- Organic brown rice, quinoa, millet
- Organic coconut cream and coconut oil
- Tofu
- Stevia powder or liquid, agave syrup (natural sweeteners)
- Cashew nut butter- to alternate with almond butter.
- Freedom Vege spread- if you want a substitute for marmite
- Any gluten free cereal if you had limited choice at supermarket
- Ground linseeds (in fridge)-sprinkle as much ground nuts and seeds that you can get away with. I mix it with ground sunflower and ground almond. You can buy the whole grain and grind it in a coffee grinder just before eating it – this way you get more of the good oils in it
- They also have a large variety of breads and biscuits- but watch your wallet!! Do not go for the ones made with white flour (white rice, etc.)
- Coconut Oil for baking, frying and even massaging- very versatile.
- Gluten free/ aluminum free baking powder
- A variety of other flours e.g. Buckwheat, Amaranth, Quinoa,

Ground almond flour can either be obtained from health store, Bin Inn, PaknSave bulk bin or you can make yourself by grinding the whole almonds. Add liberally to cereal and baking.