

# Gluten Free Snack Ideas



Staying on a gluten-free diet away from home can be challenging. The best way to stay on course is to take snacks with you. Here are a few ideas to keep you healthy and gluten-free.



Sunflower, cashew, macadamia nut, almond and soy butter are a few alternative choices to peanut butter. Have nut butter with:

- Celery
- Apple slices

- Rice Cakes
- Gluten-free Breads or rolls

Fresh Fruits and Fresh Vegetables make great snacks and these travel well:

- Carrot or celery sticks
- Apple, kiwi, orange or mango slices
- Fresh fruit or veggie salad

High Fiber snacks

- Popcorn
- Raisins or other dried fruit
- Roasted soy nuts or edamame

## High Protein Snacks

- Smoothies with protein powder: rice and soy as an alternative to whey
- Bean dip with tortilla chips
- Nuts or trail mix: Sunflower seed, pumpkin seeds and soy nuts as an alternative to nuts.
- Hummus with rice crackers or veggies for dipping
- Hard boiled eggs
- Cubed lunch meat or meat wrapped in lettuce

## Other Snack Ideas



- Veggie Booty
- Gluten Free pretzels
- Plantain chips or banana chips
- Olives
- Baked potato chips
- Corn chips or corn nuts (low salt)
- Rice cracker or rice chips