

Shopping made easy: Avoiding gluten

If you've been newly diagnosed with coeliac disease, it can be difficult to know what to shop for. To make it easier, we've put together a list of basic shopping items that are suitable for a gluten-free diet. You can use this to help you start making the changes required for a balanced diet.

Our top 10 shopping basket items to base your meals around:

essential Waitrose

- ☐ Corn flakes
- ☐ Easy cook whole grain rice

Waitrose LOVE life

- ☐ Free from 4 hot cross buns
- ☐ Free from scotch pancakes
- ☐ Free from seeded petit pains
- ☐ Free from penne or fusilli pasta
- ☐ Free from white sliced loaf
- ☐ Free from millionaire blondies
- ☐ Free from 8 pork sausages
- ☐ Quinoa



For more information on nutrition and health,
visit [waitrose.com/nutrition](https://www.waitrose.com/nutrition).



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