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:

essentia	l Waitrose

	Free from 4 hot cross buns
W	aitrose LOVE life
	Easy cook whole grain rice
	Corn flakes

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Free	trom	seed	ed	peti	t pa	ıns

\square Free from penne	or fusilli	pasta
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\square Free from 8	pork sausages
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☐ Corn flakes	
\square Easy cook whole grain rice	ڊ

Waitrose LOVE life

\square Free from 4 hot cross buns
\square Free from scotch pancakes
\square Free from seeded petit pains
☐ Free from penne or fusilli pasta
☐ From white sliced loaf

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\square Free from 8 pork sausage:

Quinoa

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For more information on nutrition and health, visit waitrose.com/nutrition.



