

Dietitian's Kitchen

Gluten-Free Kitchen

I don't follow a gluten-free diet, however my mother-in-law and many of my clients are. Whether you're eating gluten-free or not, here are a few great tasting products that could fit into anyone's kitchen!



Bob's Red Mill Gluten-Free Mighty Tasty GF Hot Cereal

- Contains brown rice, corn, buckwheat, and sorghum
- High fibre (4 g/serving)
- Low salt (5 mg/serving)
- 0g sugar



Tinkyada Rice Pasta

- Made from whole grain brown rice
- Great texture, not mushy!
- 18 varieties
- Available in organic and non-organic



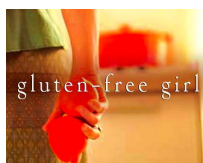
Real Foods Corn Thins

- Made with all natural ingredient. GMO free
- No artificial colours and preservatives.
- Low calorie
- Low sodium



The Simply Bar

- Gluten-free. Casein-free. Vegan
- High protein
- High fibre
- Low sugar



GlutenFreeGirl.com

- Great website with lots of recipes and gluten-free meal ideas
- Product recommendations
- Cookbook available for purchase
- Resource links