**Gluten-Free Food List**

In this day and age, embracing a gluten-free diet has never been easier. You’re going to find that when you know how to shop for gluten-free groceries, finding things that are filling, delicious, and healthy is a snap. You will naturally have to make some changes to how you grocery shop. You will also need to change the way you feel/look at certain foods. A gluten-free diet is far more flexible than it often gets credit for being, but you’ll still need to make some basic lifestyle changes.

Even so, these changes are worth making. When you consider even a small list of gluten-free foods you can find at virtually any grocery store, you’re going to be impressed.

Check Out Our Gluten-Free Food List

If you’re going to come up with a gluten-free food list that’s worth getting excited about, then you’ll want to keep the following items in mind:

• Cold cereal: Products like Rice Chex are not just a great option for a gluten-free breakfast, but they can also give you the vitamins and minerals you are absolutely going to want for yourself in the morning.

• Hot cereal: Another breakfast option, you can shop around for gluten-free oats without too much trouble. One of the nice things about an option like this is the fact that you have so many different possibilities for flavoring things up.

• Dry pasta: Gluten-free pasta is pretty easy to come by these days. There are also plenty of pasta recipes that can let you take care of at least a couple days’ worth of your lunches and dinners.

• Baked pasta: To be fair, there are a lot of gluten-free baked pasta options out there that can strike you as something of an overindulgence. Still, if you want to treat yourself to something like a yummy baked lasagna, there are a number of gluten-free products out there.

• Bread: Canyon Bakehouse is just one of the companies that makes a variety of different gluten-free products. No one said you actually had to give up bread!

• Chicken: Your new gluten-free diet can find a ton of different ways to enjoy chicken. Believe it or not, but there are even gluten-free chicken tenders and similar products that feature breading.

• Healthy fats: This includes stuff like sesame oil, cheese, almond milk, and nut butters.

• Proteins: Eggs are a good example. Wild fish and grass-fed meats are okay, too.

• Veggies: Leafy greens and lettuces are always a smart idea.