

Gluten-Free Eating Plan Example

Maintain daily fiber intake (about 25–30g per day). Women and children need 2-3 calcium rich foods.

Breakfast

- 6oz apple juice
 - Gluten-free muesli with fresh or canned fruit and milk/ OR,
 - Buckwheat porridge with dried fruit and 1% milk
 - Gluten-free bread with margarine and jelly, honey or peanut butter.
 - Tea or coffee

Lunch

- 2 oz roasted chicken breast/any lean meat
 - 2 slices gluten free bread
 - 1 cup mixed salad
 - 1/2 cup carrot sticks
 - 1/2 cup bell pepper slices
 - 1 medium apple, or 1/2 cup yogurt (check ingredients)
 - Water, fruit juice, 1% milk, iced-tea or coffee

Dinner

- 3 oz broiled pork chop
 - 1 cup basmati rice/rice noodles
 - 1/2 cup green beans/stir-fry vegetable mix
 - Frozen fruit with gluten-free custard or ice cream
 - Glass of wine, fruit juice, or water

Snack Suggestions

- Dried fruit and nuts
 - Gluten-free rice crackers with cheese and tomato
 - Gluten-free biscuits
 - Low-fat microwave popcorn
 - Fresh or frozen fruit
 - Yogurt (check ingredients)