



- Home
- About Celiac Disease
- Advocacy
- News
- Product Updates
- Resources
- SD Support Groups
- SD Restaurants
- SD Food Stores
- Contact Us

Search

Go

My Favorite GF Foods

By Erica Welker

5/09

Many thanks to Erica Welker, a SD CSA member and co-chair of SD ROCK (Raising Our Celiac Kids) for compiling and sharing this list. This information was gathered from scouting the 2009 Natural Products Expo West in Anaheim. Some of the items must be mail-ordered, others can be found at our local stores.

[MY 2009 FAVORITE GLUTEN FREE FOODS LIST](#)

("Most" are Dairy Free as well)

Best Breads = French Meadow Bakery – www.frenchmeadow.com
O'dough's – www.odoughs.com

Best Baguettes = www.DeerfieldsGlutenFree.com

Best Pizza Crust = French Meadow Bakery – www.frenchmeadow.com
Toovaloo – www.toovalooglutenfree.com

Best Hot Cereal = Bob's Red Mill GF Mighty Fine Tasty Cereal – www.bobsredmill.com

Best Pancakes = Van's Pancakes – www.vansfoods.com
Trader Joes – available in the store freezer section

Best Burritos = Gluten Freeda's GF Flour TortillaBurritos www.glutenfreedafoods.com

Best Breaded Chicken Nuggets and Tenders = www.bellandevans.com

Best "Hostess-like" treats = Chocolate Devils Food Seven layer Cake & Swiss Chocolate Roll
www.cinderellasweets.com

Best GF Instant Oatmeal Packets (single serve) = www.glutenfreedafoods.com

Best GF Matzo Crackers = Barkat www.glutenfree-foods.co.uk

Best Graham Style Crackers = www.kinnikinnick.com

Best Cookies = Glutino ("Oreo-like" and vanilla creams)
WOW – www.wowbaking.com (contains dairy)
Kinnikinnick – oreo like and vanilla creams - KinniToos – chocolate & vanilla sandwich crèmes –
www.kinnikinnick.com

Best "Healthy" Muffins = Flax 4 Life www.flax4life.net
Udi's Blueberry Muffins – www.udisfood.com

Best Frozen Pasta Dinners = Caesar's Pasta Specialties www.caesarspasta.com
Conte's Pasta – www.contespasta.com

Best GF Chicken Noodle Soup = www.kettlecuisine.com – Delicious!

Best GF Vanilla Ice Cream Sandwiches = Julie's www.juliesorganic.com

Best Ice Cream Cones = "let's Do..." GF (wafer style) cones www.edwardandsons.com
Barkat (waffle style) cones – www.glutenfree-foods.co.uk

Best "Rice Crispy" Bars = Glennys – www.glennys.com

Best Cereal = Bakery on Main – Nutty Cranberry Maple Granola – www.bakeryonmain.com
Nature's Path – Organic Whole O's (Cheerio-like) – www.naturespath.com

Best GF Flour Tortillas = French Meadow Bakery www.frenchmeadowbakery.com

Best Bagels = Kai's Kitchen – 760- 822-2604
Sensitive Baker – www.thesensitivebaker.com - Culver City, CA

Best Hamburger Buns = O'Dough's - www.odoughs.com

Best Crackers = Glutino (Ritz- like) – www.glutino.com
Multi-Seed – Crunchmaster www.crunchmaster.com

MY 2009 BEST DAIRY FREE LIST

BEST Butter Alternative = Earth Balance – www.earthbalancenatural.com

Best Dairy Free Ice cream = Purely Decadent – (made w/ coconut milk)- all flavors fantastic! – They even have a GF cookie dough flavor - www.turtlemountain.com
Coconut Bliss – www.coconutbliss.com

Best Dairy Free Cheese = Cheezly - redwoodfoods@nakedearthusa.com

Pacific Cheese Dairy Free – www.pacificcheese.com (no soy)

www.Allergyfreefoods.com

Follow your Heart – Vegan Gourmet Cheese alternative – www.followyourheart.com

Best Dairy Free Cream = www.mimiccreme.com – (soy free too)

Best Organic Dairy Free Chocolate = Sjaak's – Easter bunnies & baskets - www.sjaaks.com

Copyright © 2009

Web site Maintenance & Hosting by [Ken Laanis](#) | Online Marketing by the [seo firm](#) IncredibleMarketing.com