

Patient information

Gluten Free Snacks and Light Meal Suggestions

Nutrition and Dietetics- Therapies Department

Introduction

These suggestions for snacks and light meals represent a variety of guidelines to help you in choosing gluten free (GF) snacks and light meals when on the go.

It is important to be aware of what GF snacks/light meals you can purchase and prepare to have on hand.

The following snack and light meal suggestions can be easily prepared to carry with you or be purchased in cafes, restaurants, and shops.

Gluten Free Snack Ideas

- Sliced apple/banana with peanut butter and cinnamon.
- Vegetable sticks i.e., peppers/cucumber with GF hummus.
- GF breadsticks/rice cakes/crackers with favoured spread: GF hummus/nut butter/cheese spread/butter and jam.
- Yoghurt parfait with fruit & GF granola.
- Custard/rice pudding/GF yoghurt pots.
- GF cereal bar.
- GF chocolate or GF yoghurt rice cakes.
- Nuts/seeds mix.
- GF crisps with dip.
- GF popcorn.

Gluten Free Light Meal Ideas

Sandwich/Pasta Salad Ideas

Add these fillings to your favourite GF bread, roll, pitta bread, rice cakes or crackers.

Alternatively add to cooked, cooled GF pasta and take in a lunch box for convenience.

Egg mayo

Boil two eggs. Add one teaspoon (tsp) mayo with sprinkle of salt and pepper.

Tuna, sweetcorn, and chilli

Mix 1 tin of tuna and ½ tin of sweetcorn. Add one tsp of mayonnaise and add a pinch of chilli powder/sweet chilli sauce.

Pesto chicken, brie, and grape

Chop one small, cooked chicken breast into pieces and mix with one tsp pesto. Add portion of brie and grapes.

Coronation chicken

Chop one small, cooked chicken breast into pieces and mix two tsp mayonnaise. Add ¼ tsp curry powder to taste. Add raisins/sultanas.

Mixed bean and feta

Add ½ tin mixed beans, chopped tomatoes, mozzarella, feta, and herbs.

Spicy aubergine

Fry ½ red pepper, aubergine, and one tsp ground ginger until cooked. Mix in two tsp GF tomato pasta sauce.

Other Light Meal Ideas

Grilled garlic and cheese mushrooms.

Peel 2 large mushrooms remove the stalk and top with a mixture of one chopped garlic clove, ½ tbsp tarragon, ¼ tbsp parsley, ¼ tbsp chives and three tsp cream cheese. Place under grill until cooked.

Rice noodles salad

Add cucumber, cooked prawns, and chilli to cooked rice noodles.

Corn on the cob

Boil until soft and then place under grill. Serve with a dip made from fromage frais/natural yoghurt, spring onion, chives, mint, chilli, and lemon juice to taste.

Spicy chicken and sweet potato

Fry one red onion and a garlic clove. Add two chicken breasts and two sweet potatoes until browned. Sprinkle over one tsp curry powder and add 500g GF passata (pureed tomatoes) until cooked.

Gluten free pizza

Spread GF passata (pureed tomatoes) on GF wrap. Add favoured toppings and cheese. Grill until cooked.

Feta and tomato omelette

Beat two eggs with 50ml milk and seasonings of choice. Add in one handful of chopped tomatoes and add to heated pan. Top with feta cheese and grill until cooked.

Egg, ham, and cheese muffins

Mix two eggs and add ½ diced onion, one tomato, sliced ham and herbs. Pour into a muffin tray and top with cheese of your choice. Grill until cooked.

Homemade fish/chicken fingers

Cut fish/chicken into medium slices. Whisk two eggs with two tsp milk seasoned with salt and pepper. Dip fish/chicken into egg mixture followed by the GF breadcrumbs seasoned with paprika and garlic. Roast in oven until brown. Serve with homemade chips and salad.

Tuna lettuce wraps

Mix one tin of tuna with two tsp mayonnaise, diced tomatoes, peppers, and cucumber. Use outer layer of a head of lettuce as a wrap.

Meze board

Add GF breadsticks and a sliced toasted GF pitta bread in the centre of your plate. Surround them with grapes, carrot sticks, roasted peppers, sliced meat, feta cheese and GF hummus.

Prawn cocktail

Mix a portion of cooked prawns with one tsp mayonnaise and ketchup. Layer a glass with prawn mixture and lettuce, diced red onion and tomato.

French toast

Mix two eggs with two tsp milk, one tsp vanilla essence and pinch of salt. Soak GF bread on each side in mixture. Add to heated pan and cook until golden brown on medium heat. Top with fruit and yoghurt or sliced pear, walnuts, cheese, and honey.

Fish pate

Mix tinned salmon/smoked mackerel with one tsp wholegrain mustard, one tbsp natural yoghurt and two tsp lemon juice. Serve on toasted GF bread or on crackers.

Feedback

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Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

Contact Details:

Dietitians

Aintree Hospital

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Royal Hospital

Tel: 0151 706 2120

Coeliac UK:

Coeliac UK is a charity set up to support patients with Coeliac Disease.



It is recommended that all patients consider joining Coeliac UK to receive regular updates and access to all website information, as well as the gluten free Food and Drink Directory. You will also receive a quarterly magazine 'Crossed Grain'.

Coeliac UK contacts:

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Email: helpline@coeliac.co.uk

Web: www.coeliac.org.uk

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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