

## Nutrition Comparison

# In Search of Healthy Gluten-Free Foods

Chances are you hear the term “gluten-free” at least a few times a week.

Gluten-free has become the new “fat-free,” appearing on packages of cookies, crackers, breads and more. In the 90s, those fat-free labels didn’t guarantee a food was healthy, and the same is true of gluten-free labels today.

Don’t assume a gluten-free food is better for you than its traditional counterpart—study labels to compare products. Fortunately, there are plenty of gluten-free foods on the market that can easily fit into a healthy diet for those requiring a gluten-free lifestyle. However, there is no proof that a gluten-free diet is helpful for someone who does not have a medical condition, such as celiac disease, which mandates such a diet.

**Helpful hints.** When looking to buy gluten-free, keep these tips in mind to ensure you’re making the healthiest selections.

- **It’s not diet food.** Gluten-free food is not designed for weight loss. That’s not to say you cannot lose weight on a gluten-free diet, it just means you still need to be aware of the calories you’re eating. In many cases, gluten-free foods have a similar calorie content to their traditional counterparts.

- **Watch out for carbs.** If you’re trying to trim your carb intake, it’s easy to assume a gluten-free item must be low in carbs. Indeed, gluten is found in wheat products and wheat is a source of carbs. But many gluten-free foods are packed with carbs found in alternative grains, such as sorghum flour, and refined sugars. For example, a gluten-free cookie, like a regular cookie, is most likely going to be high in sugar and refined grains. Be sure to check the nutrition facts panel to see how many grams of carbs and sugar you’re getting in each product.

- **Keep an eye on fat.** There are many gluten-free foods that contain about the same amount of fat as conventional foods. However, many gluten-free products contain more fat. For example, two slices of conventional bread contain about one gram of fat, but we found several gluten-free alternatives with far more fat in the same serving. Use the nutrition facts panel to help find products that are modest in fat. [EN](#)

—Heidi McIndoo, M.S., R.D.

## Gluten-Free Foods: A Nutrition Comparison

As with all EN comparisons, this is only a sampling of what’s available. Products are listed alphabetically.

✓ = **EN’s Picks.** Cookie picks contain no more than 120 calories (6% DV), 5 g total fat (8% DV), 1.5 g saturated fat (8% DV), 150 mg sodium (6% DV) and 10 g sugar. Cracker picks contain no more than 130 calories (7% DV), 5 g total fat (8% DV), .5 g saturated fat (3% DV) and 260 mg sodium (11% DV). Snack picks contain no more than 140 calories (7% DV), 6 g total fat (9% DV), 0.5 g saturated fat (3% DV), 150 mg sodium (6% DV) and 10 g sugar. Bread picks contain at least 2 g fiber and no more than 190 calories (10% DV), 5 g total fat (8% DV), 200 mg sodium (8% DV) and 4 g sugar.

Gluten-Free Foods	Serving Size	Calories	Fat (g)	Sat Fat (g)	Carb (g)	Fiber (g)	Sugar (g)	Sodium (mg)	Pro (g)
<b>COOKIES</b>									
✓ Annie’s Homegrown GF Cocoa & Vanilla Bunny Cookies	(30 g) 27 cookies	120	3.5	1.5	22	1	9	90	2
Annie’s Homegrown GF Gingersnap Bunny Cookies	(30 g) 29 cookies	130	4	2	21	1	8	55	2
Enjoylife Soft Baked Chocolate Chip Cookies	(28 g) 2 cookies	120	6	1	19	1	10	100	1
✓ Enjoylife Soft Baked Double Chocolate Brownie Cookies	(28 g) 2 cookies	120	5	1	19	2	10	105	1
Gilbert’s Gourmet Goodies Chocolate Chip Cookies	(32 g) 4 cookies	140	6	4	20	<1	12	<5	1
Gilbert’s Gourmet Goodies Double Choc Brownie Cookies	(32 g) 4 cookies	280	16	10	31	2	15	15	3
Gilbert’s Gourmet Goodies Snickerdoodle Cookies	(32 g) 4 cookies	150	9	5	17	<1	9	10	1
Glutino’s Chocolate Vanilla Crème	(28 g) 2 cookies	140	6	2	20	<1	11	90	1
Jovial Vanilla Cream Filled Organic Chocolate Cookies	(33 g) 2 cookies	160	7	2.5	21	1	10	75	2
Kinnitoos Chocolate Sandwich Crème	(33 g) 3 cookies	150	4.5	3	27	3	12	60	3
Kinnitoos Vanilla Sandwich Crème	(33 g) 3 cookies	150	4.5	0	27	0	12	45	3
Lucy’s Maple Bliss	(32 g) 3 cookies	120	4.5	1	18	1	9	170	2
Lucy’s Sugar Cookie	(32 g) 3 cookies	130	4.5	1.5	21	1	13	180	2
Mary’s Gone Crackers “N’Oatmeal” Raisin	(26 g) 2 cookies	120	4	2	20	1.5	9	110	1
✓ Mi-Del Pecan Flavored Cookies	(30 g) 5 cookies	120	4.5	1	18	1	9	130	2
Nana’s No Gluten Lemon Cookie	(50 g) 1/2 cookie	180	7	0	30	1	10	85	2
Pamela’s Products Butter Shortbread	(23 g) 1 cookie	110	7	4	13	0	3	70	0
✓ Pamela’s Products Peanut Butter Cookies	(23 g) 1 cookie	100	5	1	11	0.5	7	120	3
Trader Joe’s GF Crispy Crunchy Chocolate Chip Cookies	(28 g) 2 cookies	140	7	4	18	<1	11	135	1
Trader Joe’s GF Ginger Snaps	(30 g) 5 cookies	140	6	0.5	21	1	12	110	1
<b>CRACKERS</b>									
✓ Back to Nature Multiseed GF Rice Thin Crackers	(30 g) 15 crackers	130	3	0	24	1	0	180	2
✓ Back to Nature Sesame Seed GF Rice Thin Crackers	(30 g) 15 crackers	130	2	0	24	<1	0	85	2
✓ Blue Diamond Hazelnut Nut Thins	(30 g) 16 crackers	130	3	0	23	<1	0	115	2
✓ Blue Diamond Pecan Nut Thins	(30 g) 16 crackers	130	3.5	0	23	<1	0	130	2
Glutino GF Crackers Original	(30 g) 8 crackers	140	5	2.5	23	<1	1	310	<1
Glutino GF Table Crackers	(33 g) 3 crackers	160	7	3	24	0	0	270	<1
✓ Mary’s Gone Crackers Onion	(30 g) 13 crackers	140	5	0.5	21	3	0	19	3
✓ Mary’s Gone Crackers Original	(30 g) 13 crackers	140	5	0.5	21	3	0	19	3
✓ Natural Nectar GF Cracklebread Multigrain	(28g) 6 crackers	104	0	0	24	0	2	252	2
<b>SNACKS</b>									
✓ Food Should Taste Good Tortilla Chips Multigrain	(28 g) 10 chips	140	6	0.5	18	3	1	80	3
✓ Food Should Taste Good Tortilla Chips Sweet Potato	(28 g) 12 chips	140	6	0.5	18	3	2	80	3
Food Should Taste Good Tortilla Chips White Corn	(28 g) 14 chips	140	7	0.5	19	3	0	100	2
Glenny’s Brown Rice Marshmallow Treats	(24 g) 1 bar	100	2.5	1	18	<1	7	35	1
✓ Glutino Organic Bars Chocolate & Peanuts	(28 g) 1 bar	110	3	0.5	19	1	8	45	2
Glutino Strawberry Breakfast Bars	(40 g) 1 bar	140	2	0	30	3	17	60	2
✓ Green Mountain Gringo Tortilla Strips Blue Corn	(28 g) 12 chips	130	6	0.5	17	2	0	80	2
Late July Organic Dude Ranch Multigrain Snack Chips	(28 g) 13 chips	120	5	0.5	17	2	0	190	2
Late July Organic Mild Green Mojo	(28 g) 13 chips	110	4.5	0	17	2	1	210	2
RW Garcia Liberty Tortilla Chips	(28 g) 11 chips	140	6	1	19	2	0	50	2
<b>BREADS</b>									
✓ Canyon Bakehouse 7 Grain Bread	(68 g) 2 slices	180	2	0	36	4	4	200	4
Food for Life Brown Rice Bread	(86 g) 2 slices	220	4	0	42	4	6	240	4
Livwell English Muffins	(45 g) 1 muffin	141	5	0.5	23	2	1	142	2
Trader Joe’s GF English Muffins	(85 g) 1 muffin	210	6	1	32	1	1	260	5
Trader Joe’s GF French Rolls	(56 g) 1/2 roll	130	0.5	0	25	2	3	330	5
Udi’s Cinnamon Rolls	(102 g) 1 roll	290	6	1	56	3	25	320	5
Udi’s Cinnamon Raisin Bagel	(99 g) 1 bagel	280	8	1	45	3	8	450	6
Udi’s Classic Hamburger Buns	(77 g) 1 bun	190	5	0.5	34	4	4	310	5
Udi’s Double Chocolate Muffins	(91 g) 1 muffin	290	13	5	42	2	26	310	4
Udi’s White Sandwich Bread	(53 g) 2 slices	140	4	0	22	1	1	260	3

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, GF=Gluten Free, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: product packages and websites.