




Choose Gluten-Free Baked Goods Wisely

It wasn't long ago that a diagnosis of celiac disease—treated with a diet void of gluten, the protein in wheat and related grains—meant that your choices in baked goods were slim and often unappealing. However, with the increasing number of people avoiding gluten, whether from medical necessity or dietary preference, there's a tremendous growth in the development of gluten-free products on the market. Most supermarkets stock a variety of waffles, cookies, breads, and more that can fit into your dietary restrictions—and taste good, too.

Foods from the grain group—in particular whole grains—are crucial to good health as they are a good source of a variety of vitamins and minerals, and fiber. It's important when following a gluten-free diet that you don't miss out on these nutrients. Choose baked goods made from gluten-free whole grains, such as oats, brown rice, quinoa, teff, amaranth, and buckwheat. Bean and nut flours, and chia or flax seed also are nutritious ingredients in gluten-free products.

Helpful hints. Before you sink your teeth into a hearty sandwich or rich cupcake, here are some tips to consider when buying gluten-free baked goods.

- **Look for fiber.** Just because you're eating gluten-free, doesn't mean you're stuck eating a low-fiber diet. Look for high-fiber ingredients, such as whole grains, legumes, nuts and seeds. Keep in mind that while oats are technically gluten-free, they are often processed in facilities with wheat, so check the labels to see if the product is gluten-free. Aim for at least 2 grams of fiber per serving.
- **Watch sodium.** As in other processed foods, some of these baked goods may contain a good deal of sodium. Choose those with lower sodium levels—300 milligrams or less per serving.
- **Control yourself.** Just because these foods are gluten-free does not mean they are automatically “healthy” and should be eaten in unlimited amounts. Keep an eye on portion size, calories, and the amount of sugar, as you would with traditional baked goods. 

—Heidi McIndoo, MS, RD

Shopper's Guide

Gluten-Free Baked Goods Nutrition Comparison

✓ = **EN's Picks.** Bread, quick breads, bagels and English muffin picks contain ≤ 240 calories (12% DV), 4 g fat (13% DV), and 300 mg sodium (8% DV) and ≥ 2 g fiber (8% DV). Waffles, pancakes and French toast picks contain ≤ 240 calories, 7 g fat (11% DV), and 370 mg sodium (15% DV), and ≥ 2 g fiber. Sweets picks contain ≤ 5 g fat (8% DV), 2 g saturated fat (10% DV), 300 mg sodium, and 12 g sugar, and ≥ 2 g fiber.



	Serving (g)	Calories	Fat (g)	SatFat (g)	Carbs (g)	Sodium (mg)	Protein (g)	Fiber (g)	Sugar (g)	
BREADS										
	Against the Grain Fresh Rosemary Rolls	1 (88)	267	14	3	29	364	6	0	0
✓	Canyon Bakehouse 7 Grain Bread	1 slice (34)	90	1	0	18	100	2	2	2
	Food for Life Exotic Black Rice Bread	1 slice (43)	110	2.5	0	19	150	2	1	1
	Food for Life Rice Pecan Bread	1 slice (43)	120	4	0	19	15	2	1	2
	Gillian's French Rolls	1/2 roll (52)	130	2	0	27	140	2	1	2
	Glutino Multigrain Sandwich Bread	1 slice (29)	80	4	0	10	125	2	1	1
	Kinnikinnick Hot Dog Buns	1 (71)	180	5	1	30	250	3	6	<1
	Rudi's Organic Sandwich Bread	1 slice (37)	80	4	0	10	125	2	1	1
✓	Udi's Whole Grain Bread	2 slices (49)	130	4	0	22	260	4	2	3
	Whole Foods Prairie Bread	1 slice (50)	150	4.5	2.5	24	200	4	<1	3
QUICK BREADS										
	Canyon Bakehouse Cranberry Crunch Muffins	1 (92)	380	18	2.5	52	250	4	2	19
	Kinnikinnick Chocolate Chip Muffins	1 (50g)	170	8	2	26	160	1	1	15
	Whole Foods Blueberry Muffins	1 (99)	370	13	1	59	390	3	1	31
	Whole Foods Cornbread	1/8 loaf (57)	160	7	1	21	320	3	2	5
BAGELS AND ENGLISH MUFFINS										
	Against the Grain Sesame Bagels	1 (67)	236	12	2	30	275	4	Trace	0
✓	Food for Life Brown Rice English Muffins	1/2 muffin (43)	110	0.5	0	24	150	1	2	3
✓	Foods by George Cinn & Currant English Muffins	1 (102)	220	3.5	0	42	220	4	2	13
	Glutino Original English Muffins	1 (80)	170	1.5	0	36	440	4	<1	7
	Glutino Original NY Style Bagels	1/2 (59)	170	3.5	0	33	330	3	<1	7
	Udi's Cinnamon Raisin Bagels	1 (99)	290	9	0.5	46	470	6	3	10
	Udi's Whole Grain Bagels	1 (99)	310	11	1	49	570	8	3	5
WAFFLES, PANCAKES AND FRENCH TOAST										
	Nature's Path Organic Homestyle Waffles	2 (70)	210	7	1.5	34	460	1	1	4
	Trader Joe's Homestyle Pancakes	3 (116)	240	5	1	42	430	5	3	11
	Van's Cinnamon French Toast Sticks	2 (80)	190	3.5	0	39	310	2	1	12
✓	Van's Flax Waffles	2 (85)	230	7	1	37	370	3	2	4
	Van's Totally Natural Waffles	2 (85)	230	7	1	39	400	2	1	4
SWEETS										
	Gilbert's Gourmet Goodies Simply Choc Cookies	4 (32)	280	15	10	31	20	3	2	13
	Kinnikinnick Chocolate Dipped Donuts	1 (53)	210	7	3	36	220	2	1	17
	Kinnikinnick Cinnamon Sugar Donuts	1 (45)	180	7	3	29	220	2	1	11
✓	Lucy's Chocolate Chip Cookies	3 (32)	130	5	2	20	170	2	2	12
	Lucy's Maple Bliss Cookies	3 (32)	120	4.5	1	18	170	2	1	9
	Trader Joe's Crispy Crunchy Chocolate Chip Cookies	2 (28)	140	7	4	18	135	1	<1	11
	Trader Joe's Ginger Snaps	5 (30)	140	5	0	22	95	1	<1	11
	Udi's Dark Chocolate Brownie Bites	2 (45)	170	7	4.5	25	90	2	0	15
	Whole Foods Chocolate Cupcakes	1 (113)	440	21	12	65	410	6	3	47
	Whole Foods Nutmeal Raisin Cookies	1 (35)	180	9	3.5	24	135	2	1	10
	Whole Foods Peanut Butter Cookies	1 (35)	180	10	2	19	130	5	1	10
	Whole Foods Vanilla Cupcakes	1 (113)	480	21	13	68	310	4	<1	4

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food labels and company websites