



# Gluten and Allergen-Free Snack Ideas

## Shopping Checklists

There are a wide variety of foods you can pack while traveling by car, train, boat or plane. These snack ideas have been developed based upon years of personal global travel experiences, extensive research, focus group feedback and product ingredient analysis. Remember to read each product label, review ingredients and use your best judgment to determine which snacks are safe for you.

Also, bring enough food to get you to your destination and for your excursions throughout your trip. For example, if you're flying eight hours, pack two to three meals worth of snacks in case of delays and/or mistakes.

The following snacks reflect products that can be readily eaten anywhere without a microwave, oven, stove, toaster or refrigerator. Some on-the-road snacks that you may want to consider are grouped into three basic categories, No preparation, Hot water preparation, Cooler required.

### No Preparation: Sample Shopping Checklist

These snack suggestions can be carried with you in your backpack, purse or briefcase or can be kept in your office, school locker, automobile, etc. Be sure to read product labels and review country-specific regulations.



#### Fresh Vegetables

beets  
broccoli  
carrots  
cauliflower  
celery  
cherry tomatoes  
cucumbers  
edamame  
green beans  
lettuce  
peppers  
Radish  
zucchini

#### Canned/ Packaged Fruits

apple sauce  
fruit cocktail  
mandarin oranges  
peaches  
pears

#### Seed Snacks

pumpkin seeds  
sesame seeds  
sunflower seeds

#### Fresh/Dried Fruits

apples  
apricots  
bananas  
cherries  
clementines  
cranberries  
currants  
dates  
figs  
ginger  
grapes  
mango  
nectarines  
oranges  
papaya  
peaches  
pears  
pineapples  
plantains  
plums  
raisins  
strawberries  
tangerines

#### Cereals

amaranth  
buckwheat flakes  
corn flakes  
corn puffs  
granola  
millet  
muesli  
quinoa  
rice bran/crisps  
rice flakes/puffs  
soy flakes  
teff

#### Breads and Cracker

baguettes  
breads  
breadsticks  
corn cakes  
crispbreads  
crackers  
rice cakes  
savory biscuits  
toast

#### Cakes, Cookies and Biscuits

biscotti  
brownies  
cake bars  
cookies  
digestives  
macaroons  
magdalenas  
muffins  
sweet biscuits  
wafers

#### Canned/ Packaged Meats & Fish

anchovies  
jerky (beef, tofu)  
canned chicken  
pepperoni  
salmon  
sardines  
sausage  
spreadables  
tuna  
turkey  
white fish

#### Nuts and Trail Mixes

almonds  
brazil nuts  
cashews  
flax seed  
filberts/hazelnuts  
hemp nuts  
macadamia nuts  
nut butter  
peanuts  
peanut butter  
pecans  
pinenuts  
pistachios  
soynuts  
walnuts

#### Candy and Confectionery

bars  
chewing gums  
chocolates  
cremes  
diabetic candies  
drops  
fudges  
fruit snacks  
gummi candies  
hard candies  
jellies  
lollipops/lollies  
marshmallows  
mints  
pastilles  
soothers  
tablets  
toffee

#### Chips and Crisps

caramel corn  
corn chips  
cheese snacks  
popcorn  
potato chips/  
crisps  
pretzels  
rice chips  
soy crisps  
tortilla chips  
veggie chips

#### Prepared/ Prepackaged Light Meals

falafel  
hard-boiled eggs  
sandwiches

#### Packaged Dressings/Sauces

mayonnaise  
olive oil  
salad dressing  
salsa  
soy sauce

#### Granola/Energy Bars

fruit and nut bars  
fruit filled bars  
granola  
protein bars  
rice bars  
sesame seed bars  
vegan bars



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### Fresh Vegetables and Salads

cucumbers  
hearts of palm  
lettuce  
peppers  
tomatoes

### Deli/Packaged Meats

chicken  
corned beef  
ham  
liverwurst  
pancetta  
pepperoni  
prosciutto  
roast beef  
salami  
summer sausage  
turkey

### Dairy/Non-Dairy Alternatives

cheese  
cheese spreads  
cottage cheese  
cream cheese  
string cheese  
yogurts

### Fresh Fruits

blueberries  
blackberries  
cantaloupe  
grapefruit  
honey dew  
melon  
mango  
papaya  
raspberries  
strawberries

### Dips and Spreads

baba gannouj  
bean dip  
chutney  
guacamole  
hummus  
jam  
pâtés  
preserves  
tapenade  
tzatziki

### Desserts

flan  
jello  
mousse  
pudding

### Hot Water Preparation: Sample Shopping Checklist

These on the road snack suggestions can also be carried with you when you are hungry. You just need to ask for hot water in a container wherever you may be. Hot water is available in many locations including: convenience stores, restaurants, coffee shops, bars, petrol stations, airplanes, airports, etc. Be sure to read product labels and review country-specific regulations.

#### Hot Cereals

buckwheat  
corn cereal  
corn grits/meal  
oatmeal  
porridge flakes  
rice cereal  
rice porridge  
quinoa

#### Instant Soups and Meals

beans  
beef and vegetable  
broccoli  
chicken  
chili  
miso  
mushroom  
onion  
split pea  
potato  
rice  
vegetable

#### Noodle Dishes

instant rice  
noodles

### Cooler Required: Sample Shopping Checklist

These on the road snack suggestions that require cooling may be refrigerated in a small portable cooler, insulated mug or small refrigerator in your hotel room or office. Be sure to read product labels and review country-specific regulations.



This partial list of stores encompasses both physical brick and mortar buildings as well as on-line websites. The selection of products varies significantly from country to country, store to store and website to website. Some are dedicated to allergy and specifically gluten-free products and may have hundreds to thousands of allergy-free foods for purchase. Other stores have dedicated sections with aisles and aisles of allergy-free products, while others provide gluten and allergy-free listings of their products.

For tips and recipes on preparing your own snacks prior to leaving your home, visit [www.GlutenFreePassport.com/Books](http://www.GlutenFreePassport.com/Books) or [AllergyFreePassport.com/Books](http://AllergyFreePassport.com/Books) for cookbooks from around the world. Also, for listings of stores by country that carry gluten and allergen-free products across the globe, visit [www.GlutenFreePassport.com/RefCenter](http://www.GlutenFreePassport.com/RefCenter) or [www.AllergyFreePassport.com/RefCenter](http://www.AllergyFreePassport.com/RefCenter).



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