



GLUTEN FREE SOCIETY

Presents...

A HEALTHY, GLUTEN FREE PANTRY

How to stock for good health.

Pantry Perspective

- The pantry is designed to stock and store food for later use
- It is not designed to store convenient, processed boxed foods with little to no nutritional value



**Processed
Foods with
Gluten**

**Processed
Foods with
little to no
nutritive
value.**

What to Store

- Select items with minimal processing that can be used as reserve food.
- It is possible to can your own foods using a pressure cooker and mason jars.
 - This is often times a healthier alternative to store bought canned items.

Avoid Stocking These

- Lard or hydrogenated cooking oils
- Cereals, breads, and pastas
- Processed or artificial sugars and sweeteners
- Bottled spices with added sugar and MSG
- Processed bottled salad dressings
- Processed snack chips and microwave popcorn

Stock Plenty of These

- Cold or expeller pressed organic oils (Extra virgin olive, coconut, sesame, grape seed, etc)
- Dried beans, lentils, nuts, and seeds
- Raw organic honey
- Dried organic spices
- Organic Balsamic vinegar
- Dehydrate your own fruit chips and jerkies

Let's Tour An Actual Pantry...
Play Part 2 now



Gluten Free Society

Educating Patients and Doctors About Gluten

Gluten Free Society

Educating Patients and Doctors About Gluten