UVA Nutrition Services

UVA Digestive Health Center

Tips to Cut Costs and Thrive on a Gluten Free Diet

1. <u>Buy whole foods</u>. It is less expensive and more nutritious to construct meals using foods in their natural state. Items such as milk, tuna, eggs, yogurt, beans and fresh fruits and vegetables are all gluten free and low in cost. Try mixing beans, corn and tomatoes together as a delicious salad!

2. <u>Buy in bulk (but AVOID Bulk Bins!)</u>. Many websites offer free shipping on orders exceeding a certain amount. Buy a few extras and eliminate the shipping costs! Ask the store manager for a discount if buying an entire case of a product. Purchase food orders with friends or support group members and divide the items to save on shipping costs. Try www.Amazon.com, www.Nuts.com and www.GlutenFreeMall.com for deals and coupons.

3. <u>Make your own snacks instead of buying pre-packaged</u>. Make your own snack chips out of corn tortillas. A mix of GF cereals, trail mix (mix of raisins, dried cranberries or cherries, or other dried fruits, GF cereals, chocolate pieces and nuts), veggies and hummus, GF crackers with cheese or peanut butter all make great homemade snacks.

SO EASY - Gluten-free trail mix recipe

1 cup raisins (or other dried fruit)
1 cup chocolate pieces
1 cup peanuts (or other nuts)
2 cups your favorite GF cereal or GF pretzels

4. <u>Make your own soup and broth</u>. A pot of soup can make a lot of meals for little cost. You can save on energy costs by using a slow cooker. Try some homemade chili and GF corn bread. Making your own broth is simple, easy and GF. Fill a pot with water and add celery sticks, carrots, an onion, some garlic and herbs and salt to taste. Then simply cover, simmer for 3-4 hours and strain. If you are using a meat bone for stock, an easy way to know if the broth is done is if the bones break easily.

Created by Abigail Ginther RD and Nora Decher, MS, RD, CNSC 2/2012

5. Use leftovers. Save leftover chili and bake it into a casserole the next day. Make a dinner of meatloaf and roasted potatoes and the next day, turn leftovers into shepherds pie. Easiest of all, use leftover beef, chicken or pork in enchiladas, tacos, fajitas or burritos (using corn tortillas)!

6. Use unit prices while shopping. The unit price is the price for one "measure" the item. It may be the price per pound or the price per ounce. Make sure that you are getting the best deal and check if a larger package is cheaper per pound/ounce.

7. Gluten free food *IS* your "medication"! Many diseases and conditions require expensive medications. The only treatment for celiac disease is a gluten-free diet for life! Consider it money well spent on your health.

8. Shop from a list. Include the costs of foods you regularly buy so when they are on sale you can stock up. Lists also help to avoid impulsive buying. People tend to buy only the things they need.

How often do you need to buy staple items?

1-2x per year	1x per month	2x per month	1x per week
GF soy sauce Vanilla extract Worcestershire sauce Spices Vinegar Shredded coconut	1 lb brown sugar 16 oz flax seed 16 oz cream of rice cereal 5 lb bag brown rice Honey	1 lb GF oatmeal Peanut butter Rice cakes Frozen foods (fruits, vegetables, etc) Canned foods	Dairy products (milk, cheese, yogurt, cottage cheese, etc) Fresh produce (fresh fruits and vegetables) Fresh meat (lean beef, chicken breast, ground turkey) Eggs

Suggested grocery list for 1 week of meals (for a family of 4)

(includes ingredients for chili, shepherds pie, cornbread, polenta lasagna, meatloaf, granola, stir-fry and other meals)

Fresh meat and poultry 2 ½ lb boneless pork loin 4 lb beef brisket 1 lb extra lean ground turkey 1 lb extra lean ground beef Gluten-free sausage 1/2 lb fresh bacon	**Frozen vegetables** 3 -12 oz bags corn 1 -12 oz bag mixed vegetables 2 -12 oz bags stir fry vegetables
Dairy 1 gallon milk 2 dozen eggs 1 lb butter 16 oz cheddar cheese 8 oz mozzarella cheese 24 oz cottage cheese 24 oz yogurt	**Dry/Canned food** 16 oz box raisins 1 bag dark chocolate chips 2 (16oz) cans mixed nuts, unsalted 14.5 oz diced tomatoes 3-14.5oz cans black beans 2-14.5 oz cans garbanzo beans 26oz jar pasta sauce 1 jar peanut butter 2 cans tuna (packed in water) 2 cans chicken (packed in water)
Grains/ Starches 26 oz bag of Gluten-Free oatmeal 16 oz bag flax seed 26 oz bag self-rising Gluten-Free cornmeal 16 oz tube polenta 1 package rice cakes 1 package Gluten-free crackers 1 box Gluten-free cereal	**Condiments/ Other** Honey Balsamic vinegar Vanilla Small bag shredded coconut Brown sugar Olive oil Mayonnaise Hot Sauce

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