



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.

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



Gluten and Allergen-Free Snack Ideas

Shopping Checklists



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.

Visit www.GlutenFreePassport.com or www.AllergyFreePassport.com for:

- Snacks by manufacturer
- Tips and ideas on preparing your own snacks prior to leaving your home
- Airline meals
- Hotel tips
- Free chef dining cards
- Global resources
- Food labeling
- Listings of stores by country that carry gluten and allergen-free products
- Dining tip videos
- Restaurants and bakeries across the globe



Excerpted from the award-winning Let's Eat Out! series of books, eBooks and mobile apps created by Kim Koeller and Robert La France and published by R & R Publishing, LLC.

©AllergyFree Passport®, LLC 2005-2012