

At H-E-B Wellness Nutrition Services, we believe that food is foundational to health. We also understand that eating habits are extremely personal and should be individualized. Our H-E-B Dietitians help create a food and nutrition plan that is tailored to a patient's unique needs, goals, and values. This handout is meant to help you better understand a patient's chosen dietary lifestyle as they manage their health through food.

## Gluten-Free & Dairy-Free

### Understanding the free-from lifestyle.

For H-E-B, customers who follow a gluten-free and dairy-free diet make up the largest proportion free-from lifestyle customers. Research shows 15% of customers always or often buy gluten-free products and 20% of customers always or often buy dairy-free products.

### A note on gluten.

Gluten is a general name for the family of proteins found in wheat, barley, and rye. Gluten exhibits viscoelastic and adhesive properties which is why it can help with the elasticity of the dough, as well as binding and thickening. The FDA defines "gluten-free" products as: food that is inherently gluten-free, does not contain an ingredient that is a gluten-containing grain, does not contain an ingredient that is derived from a gluten-containing grain that has or has not been processed to remove gluten, and the presence of gluten in the food must be less than 20 ppm.

### Gluten-containing ingredients to avoid.

This is not an exhaustive list of gluten-containing ingredients. The following are commonly observed ingredients listed in gluten-containing products:

- Wheat, barley, rye, triticale, malt, brewer's years, wheat starch
- Wheat derivatives: wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, kamut, einkorn wheat

### Dairy-containing ingredients to avoid.

Dairy can be found across many food categories and in many forms. Many individuals seek dairy-free products because of a diagnosed or perceived milk protein allergy, lactose intolerance, or other lifestyle need. The following are forms of dairy that can be found in an ingredient list:

- Butter, Casein, Cheese, Chocolate, Cottage cheese, Cream, Custard, Ghee, Sour cream, Whey, Yogurt, Goat's milk, Nisin, Nougat
- Hydrolysates Lactalbumin, Lactalbumin phosphate, Lactoglobulin, Lactoferrin, Lactose, Protein solids, Rennet casein

### Labeling of allergens.

- Labeling for the top nine allergens, also known as "The Big 9", is required to be clearly labeled on food labels per the Food Allergen Labeling and Consumer Protection Act (FALCPA) of 2004.
  - Milk, eggs, peanuts, tree nuts, shellfish, fish, wheat, soy, and sesame
- These foods must be listed by their common name, listed in the ingredient list or in a "contains" statement.
- Labeling which states "may contain" or "processed in a facility with" is not regulated or required of food manufacturers. Labels should be reviewed every time as product formulations can change without notice

## H-E-B Lifestyle Shelf Tags

These tags are designed to help you quickly find gluten-free and dairy-free products in the aisles.

Not all products are tagged in H-E-B, and these tags are subject to change.

Products with gluten-free tags are identified by the manufacturer as gluten-free and are aligned with FDA guidelines.



Vegan products are a category of products that may contain dairy-free items. Please check the label to ensure it is dairy-free.



# Meal Solutions by your H-E-B Dietitians

GF= Gluten Free | DF= Dairy Free

Peanut  
Butter  
Banana  
Oatmeal



GF DF

[Bob's Red Mill Old Fashioned Rolled Oats](#)

+



GF DF

[Ripple Original Unsweetened Pea Milk](#)

+



GF DF

[Almond Butter](#)

+



[Banana](#)

Chicken  
Broccoli  
and Rice



GF

[H-E-B Select Ingredients Fully Cooked Chicken Breast Fajitas](#)

+



GF DF

[Minute Ready to Serve Brown Rice](#)

+



[Cup H-E-B Select Ingredients Broccoli Florets](#)

+



GF DF

[Moocho Cheddar Shreds](#)

Turkey  
Burger



GF DF

[Udi's Whole Grain Hamburger Buns](#)

+



[H-E-B Fully Cooked Turkey Burgers](#)

+



[Fresh Romaine Lettuce Leaves](#)

+



[Slices of Tomato](#)

+



GF DF

[Chosen Vegan Mayo](#)

Snacks



[Bare Baked Crunchy Medley Apple Chips & Strawberry Chips](#)



[SunButter](#)



[H-E-B Celery Snack Sticks](#)



[Hippeas White Cheddar](#)

# Free From Lifestyle Swaps



Protein Bars



GF

[NuGo Slim Crunchy Peanut Butter Protein Bar](#)



GF DF

[No Cow Cookies 'N Cream Protein Bar](#)



GF DF

[Hungry Buddha Triple Chocolate Keto Bar](#)



Sandwich Bread



GF DF

[Schar Artisan Baker White Bread](#)



GF DF

[Udi's Gluten Free Millet Chia Bread](#)



GF DF

[Canyon Bakehouse Ancient Grain Bread](#)



Ice Cream



GF DF

[NadaMoo! Organic Mint Chip Frozen Dessert](#)



GF DF

[Oatly Vanilla Frozen Dessert](#)



GF DF

[So Delicious Cashew Milk Dipped Salted Caramel Bars](#)



Pancake & Waffle



GF DF

[Just About Foods GF Pancake & Waffle Blend](#)



GF DF

[Simple Mills Pancake & Waffle Mix](#)



GF

[Swerve Sweets Pancake & Waffle Mix](#)



Pasta



GF DF

[Banza Chickpea Shells](#)



GF DF

[Miracle Noodle](#)



GF DF

[H-E-B Organics GF Pasta](#)

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