

NUTRIENT ESSENTIALS

When following the gluten-free diet, it is important to pay special attention to those nutrients that are often lacking. Fiber, protein, calcium, iron and good fats are important for your overall health and can easily be added to your gluten-free diet by including almonds in delicious meals and snacks throughout the day. Use these ideas, and fill in your own for ways to incorporate nutrient-rich foods into each part of your day.

BREAKFAST:

Protein, calcium and fiber can be the stars of your breakfast in a low-fat yogurt parfait topped with fresh fruit and almonds. My breakfast ideas:

1. _____
2. _____

MID-MORNING SNACK:

Snack on gluten-free whole-grain crackers topped with almond butter for a snack that will provide protein and good fats for energy to last until lunchtime. My mid-morning snack ideas:

1. _____
2. _____

LUNCH:

Choose lentil soup with a side salad topped with dried fruit and crunchy sliced almonds to add iron and fiber to your lunch. My lunch ideas:

1. _____
2. _____

AFTERNOON SNACK:

Make your own trail mix full of fiber by mixing roasted almonds, dried fruit and gluten-free cereal for an energizing boost to your afternoon. My afternoon snack ideas:

1. _____
2. _____

DINNER:

Try almond-crusting salmon with a side of quinoa and roasted vegetables for a delicious way to load up on good fats and iron while winding down from your day. My dinner ideas:

1. _____
2. _____