

# Top 10 GF Apps

THESE SAVE TIME & TROUBLE IN SUPERMARKETS, RESTAURANTS

BY MAUREEN STANLEY



Here's a list of apps that won't disappoint. All are less than \$20 and many are free.

**Y**our smart phone or tablet is an amazing portal to easily find all things gluten free.

Gluten-free and allergen-free information is just a click, or now a touch on the screen, away.

Grocery shopping and unsure if a product or ingredient contains gluten? Searching for a reputable gluten-free restaurant? Need to communicate your gluten-free requirements in another language? Take advantage of the latest up-to-date technology and all of this is possible.

At first, finding the right gluten-free app can seem as overwhelming. There are so many to choose from. But here's a list of apps that won't disappoint. All are less than \$20 and many are free.

## SHOPPING

### Allergy & Gluten Free Diet Tracker by Fooducate:

Use your smart device to automatically scan a product barcode, search for products, or browse by category. See if a product contains one of the fol-

lowing allergens: gluten, peanuts, tree nuts, fish, shellfish, egg, milk, lactose or soy. The "One Click" button option to directly call the manufacturer for additional product information is an added bonus. **\$4.99**, [fooducate.com](http://fooducate.com)

### Gluten-Free Groceries by

**Triumph Dining:** Touted as the "yellow pages of gluten-free food," this app allows you to find gluten-free groceries with the flick of a finger. The app lists more than 30,000 gluten-free products from popular brands to smaller specialty companies. **\$17.99**, [triumphdining.com/glutenfree/apps.php](http://triumphdining.com/glutenfree/apps.php)

**Is That Gluten Free?:** Grocery shop safely with a database of more than 20,000 manufacturer-verified gluten-free products from more than 660 brands. Easily search by categories, brands, ingredients, or keyword. **\$7.99**, [bit.ly/15al1xk](http://bit.ly/15al1xk)

## EATING OUT

**AllergyEats Mobile:** This user-friendly resource provides valuable peer-based feedback about how well (or poorly) restaurants accommodate the needs of food-allergic diners. You can customize your search by selecting from the top 10 allergens (gluten, wheat, corn, dairy, eggs, fish, peanuts, shellfish, soy and tree nuts), entering a specific location, or choosing the "Find Near Me" option. **Free**, [allergyeats.com](http://allergyeats.com)

**Dine Gluten Free:** Find and read detailed peer reviews of thousands of "gluten-free-friendly" businesses in the U.S. and around the world. The reviews are searchable by location and include restaurants, bakeries, markets, hotels, B&Bs, cruises and even colleges. **Free**, [glutenfreetravelsite.com](http://glutenfreetravelsite.com)

**Find Me Gluten Free:** Search for gluten-free dining options by entering a specific location or browse the "Popular Chains" option, which includes links to the chain restaurants' websites and gluten-free menus. The "User Reviews" share valuable information and tips. **Free**, [findmeglutenfree.com](http://findmeglutenfree.com)

### iCanEat OnTheGo Gluten

**Free & Allergen Free:** This app is perfect for those seeking quick-service

meals. With 34 U.S. chains from Boston Market, Chick-fil-A and Chipotle to Pei Wei, Qdoba and more; you enter your allergen concerns into the 3,900-plus-item fast food menu database. **\$2.99**, [glutenfreepassport.com](http://glutenfreepassport.com)

### iEatOut Gluten & Allergen

**Free:** This "ethnic restaurant" focused gluten-free and allergy-friendly app allows you to explore seven ethnic restaurant cuisines including Chinese, French, Indian, Italian, Mexican, steak and seafood, and Thai. Browse menu choices, ingredients, sauces, food preparation and cross-contamination considerations to avoid any combination of food allergens. **\$2.99**, [glutenfreepassport.com](http://glutenfreepassport.com)

## DINING CARDS

### Gluten Free and Allergy Free Travel Translation Cards:

Learn to safely and effectively communicate your food concerns when ordering meals in foreign-speaking countries with this app. With 13 different languages to choose from, you will feel at ease when dining in restaurants throughout the world while managing your gluten-free diet and food allergies.

**Free**, [glutenfreepassport.com/allergy-gluten-free-travel/gf-translation-cards](http://glutenfreepassport.com/allergy-gluten-free-travel/gf-translation-cards)

### Gluten Free Restaurant Cards from CeliacTravel.com:

Roger Elliott of CeliacTravel.com says, "The most common problem with getting gluten-free food when dining in restaurants is that your message gets lost or corrupted on its way to the kitchen." This app has gluten-free restaurant cards in 54 languages to use when you dine out at a restaurant, either in the U.S. or abroad.

**Free**, [celiactravel.com](http://celiactravel.com)

**Note:** Not all apps are available for all platforms. Developers sometimes release their apps on additional platforms.

Maureen Stanley has been gluten free for seven years. She blogs and podcasts at [holdthegluten.net](http://holdthegluten.net). Maureen's 11-year-old daughter Emma was diagnosed with celiac disease one year ago, so together they are "Team Celiac" in the Stanley household.