FREE PRINTABLE · MY CLEAN BOWL

The Clean & Allergy-Friendly Grocery Checklist

Exactly what to check — and what to avoid — for clean, allergy-safe groceries.

ON EVERY LABEL — THE 30-SECOND SCAN

- ☐ **Read the full ingredient list** — not just the front-of-pack claim.
- ☐ **Check the "Contains" statement** for your family's allergens.
- ☐ **Look for a certification mark** (e.g. certified gluten-free) on high-risk foods.
- ☐ **Scan for hidden names** — see the decoder below.
- ☐ **New packaging?** Re-read the label — recipes change quietly.

PUT IN THE CART WITH CONFIDENCE

- ☐ **Single-ingredient whole foods** — produce, plain meats, eggs.
- ☐ **Certified gluten-free oats & flours** (never standard oats).
- ☐ **Short ingredient lists** you can read out loud.
- ☐ **Seed butters** labeled "made in a nut-free facility."
- ☐ **Brands you've already vetted** — keep a running list.

Janet's rule: spend your label-scrutiny where the risk is highest — oats, flours, baking mixes, spice blends, granola & bars. Skip the bulk bins entirely.

BEFORE YOU LEAVE THE HOUSE

- ☐ **Meal plan checked** — you know *why* each item is on the list.
- ☐ **Your safe-brands list** is in your pocket (or on your phone).
- ☐ **Eating out this week?** Safe snacks packed for the car.

THINK TWICE BEFORE BUYING

- ☐ **"No gluten-containing ingredients"** — a recipe claim, not a tested one.
- ☐ **"Wheat-free"** — gluten also comes from barley & rye.
- ☐ **Bulk bins** — shared scoops, constant cross-contact.
- ☐ **Vague terms like "natural flavors"** when allergies are severe — worth one question to the brand.
- ☐ **Hydrogenated oils & added sugars** in "health" foods.
- ☐ **No "may contain" statement ≠ safe** — advisory labels are voluntary.

HIDDEN-NAME DECODER

Dairy	casein, caseinate, whey, lactose, ghee, "milk solids"
Gluten	malt, malt extract, brewer's yeast, semolina, spelt, farro
Soy	textured vegetable protein (TVP), edamame, miso, tamari
Peanut	groundnut, arachis oil, "mixed nuts," some satay sauces
Sesame	benne, gingelly, til, tahini, sesamol — a labeled US allergen since 2023
Egg	albumin, ovalbumin, globulin, lysozyme, meringue powder

 © 2026 My Clean Bowl · The Clean & Allergy-Friendly Grocery Checklist

My safe-brands log

Fill this in once and you never re-read those labels from scratch again — only when the packaging changes. Type straight into this PDF on your phone, or print it and write.

FOOD	BRAND I TRUST	WHERE I BUY IT	LABEL LAST CHECKED
Oats & flour			
Bread & pasta			
Milk & yogurt			
Cereal			
Snack bars			
Seed butter			
Broth & sauces			
Sauces & dressings			
Treats & candy			
Frozen			
Baking mixes			
Deli / meat			

Print me: stick page 1 on the fridge or fold it into your wallet, and keep this page on your phone. For the full system, pair it with the **Beyond the Label** guide and the **Free 7-Day Allergy-Friendly Meal Plan** — both free at **mycleanbowl.com**.

 © 2026 My Clean Bowl · The Clean & Allergy-Friendly Grocery Checklist