

Gluten Free Ingredients Slimming World Swip Values

Source: [Gluten Free 28-Day Family Meal Plan that is Slimming World Friendly](#)

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Reference guide showing Slimming World Swip values for common gluten free ingredients to help track your daily allowance.

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Ingredient	Swip Value	Notes
GF bread (2 slices, most brands)	Healthy Extra fibre or check app	Use as Healthy Extra to save Swips
GF pasta (dried, per 75g dry)	Free	Same as regular pasta
Corn tortillas (small, 1)	Check official app	Varies by brand — always verify
GF oats (40g)	Healthy Extra fibre	Use as Healthy Extra fibre
GF soy sauce / tamari (1 tbsp)	Free	Check label for gluten-free cert
GF stock cubes	Free	Check label
GF pizza base (shop-bought)	Check official app	Make your own to reduce Swips
Rice cakes (plain, 2)	Check official app	Varies by brand
GF crackers (per serving)	Check official app	Varies by brand

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