

**Supplementary table 3** Themes and subthemes associated with perceived barriers to adhering to a GF diet in food insecure individuals with CeD and NCGS (n=8)

Main theme	Corresponding subthemes
Resources	Costs Time Online resources
Social circumstances	Restaurants With friends Travel At home
Gluten-free products	Availability Reliability Quality Labeling
Mental wellbeing	Personal emotions Social emotions Mental load Coping