



GLUTEN FREE DIET

FOODS	SAFE CHOICES	QUESTIONABLE	⊗ AVOID ⊗
Grains/ Flours	Amaranth, arrowroot, bean flours (such as garbanzo or fava bean flour), buckwheat, corn (maize) or cornstarch, flax, Job's tears, millet, potato, quinoa, ragi, sorghum, soybean (soya), tapioca, teff	Carob-soy flour, buckwheat pancake mixes (often contains wheat flour)	Wheat (bulghur, cous-cous, durum, farina, graham, kamut, semolina, spelt, triticale, wheat germ), rye, barley, oats, low gluten flour. Caution: wheat free does not necessarily mean gluten free
Cereals – Hot/dry	Cream of rice, cream of buckwheat, hominy, gluten-free dry cereals	Puffed rice or corn cereals	Those with wheat, rye, oats, barley, barley malt, malt flavoring, wheat germ, bran
Potatoes/ Rice/ Starch	Any plain potatoes, sweet potatoes and yams, all types of plain rice, rice noodles, 100% buckwheat soba noodles, gluten-free pasta, polenta, hominy, corn tortillas, parsnips, yucca, turnips.	Check labels for commercial potato or rice products with seasoning packets	Battered or deep-fried French fries (unless no other foods have been fried in the same oil), pasta, noodles, wheat starch, stuffing, flour tortillas, croutons.
Crackers/ Chips/ Popcorn	Rice wafers or other gluten-free crackers, rice cakes; plain corn chips, tortilla chips or potato chips, plain popcorn	Flavored chips	Crackers, graham crackers, rye crisps, matzo, croutons.
Desserts	Sorbet, popsicles, Italian ice	Check labels on ice cream and pudding.	Ice cream with bits of cookies, "crispies", pretzels, etc; pie crust, cookies, cakes, ice cream cones, and pastries made from gluten-containing flours
Milk/Yogurt	Any plain, unflavored milk or yogurt, buttermilk, cream, half and half.	Flavored milks or yogurts	Malted milk, yogurts with added "crunchies" or toppings
Cheese	Aged cheese such as Swiss, cheddar, edam, gouda, parmesan, blue cheese, gorgonzola, etc.	Cheese spreads, cottage cheese	
Eggs	All types of plain, cooked eggs		
Meat, Fish, Shellfish, Poultry	Any fresh, plain untreated meat, fish, shellfish or poultry; fish canned in brine, vegetable broth or water	Commercially treated, preserved, or marinated meats, luncheon meats, fish, shellfish; self-basting or cured poultry;	Breaded or battered meats

Beans/Legumes	Any plain frozen, fresh, dried, or canned (no flavorings or sauces added) beans: garbanzo beans, kidney beans, lentils, pinto beans, edamame, lima, black beans, etc	Check labels for added ingredients--sauces may have gluten	
Soy Products and Meat Analogs or Alternatives	Plain tempeh, tofu, edamame	Check labels on miso, soy sauce, seasoned tofu and tempeh, meat analogs (imitation meat substitutes), imitation seafood	Seitan; 3-Grain Tempeh;
Nuts/Seeds	Any plain (salted or unsalted) nuts, seeds or nut butters, coconut.	Dry roasted nuts (check with manufacturer- may dust with flour during processing)	Nut butters with gluten containing ingredients
Fruits/Juices	Any plain fresh, canned, frozen fruits or juices, plain dried fruit	Pie fillings	Dried fruit dusted with flour
Vegetables	Any plain, fresh, canned or frozen vegetables including corn, peas, lima beans, etc.		Vegetables in gluten containing sauce or gravy
Soups	Homemade soups with known allowed ingredients.	Check labels on all commercial soups	
Condiments/Jams/Syrups	Ketchup, mustard, salsa, wheat-free soy sauce, mayonnaise, vinegar (except malt vinegar), jam, jelly, honey, pure maple syrup, molasses.	Check labels on soy sauce, salad dressings, commercial sauces, soup base, marinades, coating mixes	Malt vinegar.
Seasonings/Flavorings	Any <u>plain</u> herb or spice, salt, pepper, brown or white sugar, Equal, Sweet N Low	Seasoning mixes, bouillon	
Fats	Butter, margarine, all pure vegetable oils (including canola), mayonnaise, cream	Check labels on salad dressings, sandwich spread	
Baking Ingredients	Yeast, baking soda, baking powder, cream of tartar, regular chocolate baking chips		See grains/flours; Check label on grain sweetened, carob or vegan chocolate chips.
Beverages	Coffee, tea, pure cocoa powder, sodas.	Check labels on flavored instant coffee mixes (such as swiss mocha, cappuccino); herbal teas, soy drinks (may contain barley malt or rice syrup)	Ovaltine
Alcohol	Wine, all distilled liquor including vodka, tequila, gin, rum, whiskey and pure liqueurs, gluten-free beer.	Drink mixes.	Beer, ale, lager.
Candies	Check labels- many are gluten-free.		Candy from bulk food containers