



## Gluten Foods in Categories

Food Groups	Gluten Free Choices	Gluten Containing Choices
<p><b>Breads and Grains</b></p>	<p>Breads or bread products (bread crumbs, dressings, etc) made from the following flours: amaranth, bean, buckwheat, carob, chickpea (gram), corn, Indian Rice Grass (Montina™), flax, kasha, maize or waxy-maize, masa, millet, finger millet (Ragi), pea, potato, quinoa, rice, sago, soba (made from pure buckwheat), sorghum (milo), sweet, chestnut, yam</p> <p>Breads or bread products (bread crumbs, dressings, etc) made from the following starches: arrowroot, corn, potato, tapioca</p> <p>Breads or bread products (bread crumbs, dressings, etc) made from "gluten-free" mixes</p> <p>Note: Gluten-free bread products taste better when warmed or toasted</p> <p>Corn or rice cereals containing malt flavoring derived from: corn, cornmeal, grits, hominy, kasha (buckwheat), cream of rice, puffed rice</p> <p>Rice of all types (including wild &amp; flaked rice), rice crackers, rice noodles,</p>	<p>Bread or bread products (bread crumbs, dressings, etc) made from: bread flour, brown flour, "low-gluten" flour, flour, white flour, plain flour, bromated flour, enriched flour, phosphated flour, self-rising flour, durum, farina</p> <p>Breads or bread products (bread crumbs, dressings, etc) containing or made from flours containing any of the following grains: barley couscous, durum, far, graham, granary, kamut, oats mir, rye, semolina, spelt, triticale (a cross between wheat and rye),wheat or wheat starch, whole meal, wheat bran, wheat germ, cracked wheat, hydrolyzed wheat protein</p> <p>Teff (teff does not contain gluten but it does contain the protein molecule gliadin, which is the true challenge)</p> <p>Cereals containing malt or malt flavoring derived from: barley, barley malt, barley-malt syrup</p>

	<p>rice spaghetti, rice wafers</p> <p>Note: Enriched converted rice may contain a barley additive</p> <p>Pastas made with the following flours: corn, maize or waxy maize, potato, rice, soy</p> <p>Oriental bean noodles</p> <p>Pure-cornmeal chips &amp; tortillas</p> <p>Polenta</p> <p>Popcorn (air-popped or popped in oil)</p> <p>Yeast</p> <p>Brand-name recommendations: Aproten hot cereal, Rusk, pasta</p>	<p>Any foods containing: bran, bulgur, einkorn wheat, emmer</p> <p>Malt (including malt extract, flavoring, syrup, or vinegar)</p> <p>Vegetable or wheat starch</p> <p>Most crackers, Rusk, Zwieback, &amp; pretzels</p> <p>Matzo</p> <p>Biscuits, cornbread, muffins, pancakes, &amp; waffles made from commercial mixes</p> <p>Dumplings, macaroni, noodles, &amp; spaghetti made from wheat flour</p> <p>Udon (wheat noodles)</p> <p>Farina</p> <p>Tabbouleh</p>
<b>Fruit</b>	<p>All fruits (dried, fresh, frozen)</p> <p>Pure fruit juices</p> <p>Olives</p>	<p>Canned fruit in heavy syrup</p> <p>Ocean Spray Cranberry Juice</p> <p>Thickened fruit sauces</p> <p>Some commercial fruit-pie fillings</p>
<b>Vegetables</b>	<p>All fresh vegetables (including pickles)</p> <p>All canned or frozen vegetables not containing ingredients made with gluten</p>	<p>Most breaded or creamed vegetables</p> <p>Most commercially prepared vegetables</p>
<b>Milk and Dairy</b>	<p>All raw dairy products are recommended</p> <p>Homemade chocolate milk made with cocoa powder</p> <p>All aged cheeses, such as Cheddar, Edam, Parmesan, &amp; Swiss</p> <p>Pasteurized cottage &amp; cream cheeses that do not contain preservatives or vegetable gum</p> <p>Yogurt not containing cereal</p>	<p>Malted &amp; instant milk drinks</p> <p>Commercial chocolate milk or chocolate drinks containing cereal additives</p> <p>Blue &amp; Roquefort cheese</p> <p>Processed cheeses, cheese foods, &amp; cheese spreads containing gluten stabilizers</p> <p>Ice cream</p> <p><i>Note:</i> Most individuals that are gluten intolerant are also reactive to pasteurized dairy.</p> <p><i>Note:</i> Some ice creams</p>

		contain wheat flour; contact the manufacturer for complete ingredient information
<b>Meat and Other Protein Sources</b>	<p>Fresh fish &amp; shellfish, meat, poultry</p> <p>Pure-meat cold cuts</p> <p>Meat products (canned meats, hot dogs, sausages) made without fillers</p> <p>Alfalfa</p> <p>Eggs</p> <p>Lentils</p> <p>Beans (dried or fresh) of the following kinds: adzuki, carob, fava, garbanzo, hyacinth, mung, Romano, tepary, urad</p> <p>Nuts of the following kinds: acorns almonds, chestnuts, hazelnuts, peanuts (peanut butter), walnuts</p> <p>Peas (dried or fresh) of the following kinds: cowpeas, pigeon, sweet, urad dal</p> <p>Seeds of the following kinds: flax, mustard, poppy, safflower, sesame, sunflower</p>	<p>Any meat prepared with barley, oats, rye, wheat, or gluten stabilizers</p> <p>Breaded meat, fish, shellfish, poultry (croquettes, patties, loaves)</p> <p>Any canned meats, cold cuts, hot dogs, sandwich spreads, &amp; sausages that contain fillers</p> <p>Meat with added HVP (as in some turkey bastings)</p> <p>Freeze-dried meals</p> <p>Canned baked beans</p>
<b>Soups</b>	<p>Homemade soups not containing barley, oats, rye, or wheat in any form</p>	<p>Soups containing barley, oats, rye, or wheat in any form</p> <p><i>Note:</i> Most canned soups and soup mixes contain gluten</p> <p>Stews containing noodles</p> <p>Bouillon or broth containing HVP</p> <p>Miso</p>
<b>Oils and Fats</b>	<p>Butter, lard, &amp; salad dressings not containing emulsifiers, gluten stabilizers, or HVP</p> <p>Cream, sour cream, &amp; whipping cream made with gluten-free flours (see list above) or</p>	<p>Most commercial salad dressings</p> <p>Nondairy cream substitutes &amp; some nondairy creamers</p> <p>Fat substitutes (Olestra, Oatrim, Replace)</p>

	<p>cornstarch</p> <p>Cooking oils of the following kinds: corn, olive, peanut, safflower, sunflower, vegetable</p>	<p>Canola oil &amp; vegetable oils that do not list the full ingredients &amp; sources</p> <p>Cooking sprays that contain grain alcohol</p> <p>Suet (in packets)</p> <p><i>Note:</i> May contain wheat flour</p>
<b>Snacks and Desserts</b>	<p>Desserts not containing barley, rye, or wheat in any form, such as:</p> <p>Fruit ices</p> <p>Gelatin</p> <p>Most ice creams</p> <p>Junket</p> <p>Most sherbets</p> <p>Homemade puddings: custard, rice, tapioca</p> <p><i>Note:</i> Homemade puddings may be thickened with cornstarch, which does not contain gluten</p> <p>Puddings made from mixes not containing gluten stabilizers or wheat flour</p> <p>Chocolate, chocolate syrup, cocoa, coconut, hard candy, honey, jam, jelly, marshmallows, pure molasses, meringue, sugar</p> <p>Some chewing gum</p>	<p>Cakes, cookies, donuts, pastries, &amp; pies prepared with barley, oat, rye, or wheat in any form</p> <p>Cakes, cookies, &amp; puddings made from commercial mixes</p> <p>Chocolate products made with gluten stabilizers</p> <p>Homemade puddings thickened with wheat flour</p> <p>Ice cream or sherbet containing gluten stabilizers</p> <p>Ice cream cones</p> <p>Jell-O Brand pudding</p> <p>Some commercial candies</p> <p><i>Note:</i> Almond Roca, for example, is dusted with wheat flour</p>
<b>Beverages</b>	<p>Pure tea, hot cocoa, or coffee (instant &amp; decaffeinated)</p> <p><i>Note:</i> For flavored coffees, contact the manufacturer for complete ingredient information</p> <p>Carbonated beverages (except some root beers)</p> <p>Pure fruit juices (including apple cider)</p> <p>Drink mixers, and alcohol of the following kinds: brandy, champagne, cognac, grappa, mead (honey wine), ouzo, potato</p>	<p>Coffee, tea, or coffee substitutes containing gluten additives</p> <p>Herbal teas containing malted barley</p> <p>Hot cocoa or hot chocolate made from commercial mixes</p> <p>Ovaltine</p> <p>Postum</p> <p>Lemon or orange barley water</p> <p>Hawaiian Punch</p>

	<p>vodka, most rums (light rums are recommended), sake, tequila not containing dyes or additives, white wine made in the United States</p> <p><i>Note:</i> Alcohol manufacturers may change their ingredients; be sure to read the label and check with the manufacturer for a full list of ingredients</p>	<p>Most root beers</p> <p>Some ginger beers &amp; cloudy lemonades</p> <p>Alcohol of the following kinds:</p> <p>Beer (ale, lager, porter, stout)</p> <p>Gin</p> <p>Vodka made from grain</p> <p>Corn whiskey (made with a grain mash)</p> <p>Whiskey (including bourbon, Scotch, &amp; Canadian blends)</p> <p>* (Note that any gluten containing hard liquor that is distilled is acceptable, from the gluten perspective)</p>
<p><b>Baking Products, Condiments and Seasonings</b></p>	<p>Black pepper, salt</p> <p>All herbs</p> <p>Pure spices</p> <p>Balsamic, rice, &amp; wine vinegars</p> <p>Baking powder</p> <p><i>Note:</i> Must not contain wheat flour; check ingredient list</p> <p>Bicarbonate of soda</p> <p>Cornstarch</p> <p>Corn syrup</p> <p>Food coloring</p> <p>Gravies &amp; sauces made with gluten-free flours (see "Breads &amp; Grains") or cornstarch</p> <p>Some ketchups &amp; mustards</p> <p>Pure mayonnaise</p> <p><i>Note:</i> Avoid completely if you are sensitive to MSG</p> <p>Soy sauces that do not contain wheat or barley (try Lachoy or Chun King brands)</p> <p>Cream of tartar</p> <p>Flavorings not containing alcohol</p>	<p>Most white pepper</p> <p>Ground spices</p> <p><i>Note:</i> Wheat flour is commonly included to prevent clumping</p> <p>Vinegar distilled from grain (white vinegar)</p> <p>Some curry powders &amp; mixes</p> <p>Mustard powder</p> <p><i>Note:</i> May contain wheat flour</p> <p>Some dry seasonings, gravy &amp; stock cubes, &amp; extracts</p> <p>Gravies &amp; sauces prepared with flour containing gluten (see "Breads &amp; Grains")</p> <p>Mayonnaise containing gluten stabilizers or wheat flour</p> <p>Sauces of the following kind: fish, some meat sauces, most soy sauces (Shoyhu), steak, teriyaki, Worcestershire</p> <p>Most dips</p> <p>Vanilla &amp; other flavorings containing alcohol</p>