

Caution: "wheat-free" does not mean gluten-free

Grains and Flours

- Safe: Amaranth, arrowroot, bean flours (garbanzo or fava), buckwheat, corn or cornstarch, flax, Job's tears, millet, potato, quinoa, ragi, rice, sorghum, soybean, tapioca, teff
- Avoid: Wheat (bulgur, couscous, durum, farina, graham, kamut, semolina, spelt, triticale, wheat germ), rye, barley, oats (pure uncontaminated oats are fine), low gluten flour

Cereals Hot or Dry

- Safe: Cream of rice, cream of buckwheat, hominy, gluten-free dry cereals, grits
- Avoid: Those with wheat, rye, oats, barley, barley malt, malt flavoring, wheat germ, bran

Potatoes, Rice, Starch

- Safe: 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
- Avoid: Battered or deep-dried French fries (cross-contamination), pasta, noodles, wheat, starch, stuffing, flour tortillas, croutons

Crackers, Chips, Popcorn

- Safe: Rice wafers or other gluten-free crackers, rice cakes; plain corn chips, tortilla chips, potato chips, and other root (taro, beet, etc.) chips, plain popcorn
- Avoid: Crackers, graham crackers, rye crisps, matzo, croutons

Desserts

- Safe: Sorbet, popsicles, Italian rice
- Avoid: Ice cream with cookies, "crispies," pretzels, etc.; pie crust, cookies, cakes, ice cream cones, and pastries made from gluten-containing flours

Milk and Yogurt

- Safe: Any plain, unflavored milk or yogurt, buttermilk, cream, half and half
- Avoid: Malted milk, yogurts with added flavors or toppings

Cheese

- Safe: Cheese (all styles), blue cheese, gorgonzola, processed cheese, cottage cheese

Eggs

- Safe: All types of plain, cooked eggs

Meat, Fish, Shellfish, Poultry

- Safe: Any fresh, plain untreated meat, fish, shellfish, or poultry; fish canned in brine, vegetable broth or water
- Avoid: Breaded or battered meats

Beans and Legumes

- Safe: Any plain frozen, fresh, dried, or canned beans.

Soy Products and Meat Analogs or Alternatives

- Safe: Plain tempeh, tofu, edamame
- Avoid: Seitan; 3-Grain Tempeh, Check labels on soy sauce and miso.

Nuts and Seeds

- Safe: Any plain nuts, seeds or nut butters, coconut
- Avoid: Nut butter with gluten containing ingredients, dry-roasted nuts (might be dusted with flour)

Fruits and Juices

- Safe: Any plain fresh, canned, frozen fruits or juices, plain dried fruit
- Avoid: Dried fruit dusted with flour, pie fillings

Vegetables

- Safe: Any plain, fresh, canned or frozen vegetables
- Avoid: Vegetables in gluten containing sauce or gravy

Soups

- Safe: Homemade soups with known allowed ingredients

Condiments, Jams, and Syrups

- Safe: Ketchup, mustard, salsa, wheat-free soy sauce, mayonnaise, vinegar (except malt vinegar), jam, jelly, honey, pure maple syrup, molasses
- Avoid: Malt vinegar

Seasonings and Flavorings

- Safe: Any plain herb or spice; salt; pepper; brown or white sugar; or artificial sweetener

Fats

- Safe: Butter, margarine, all pure vegetable oils, mayonnaise, cream

Baking Ingredients

- Safe: Yeast, baking soda, baking powder, cream of tartar, regular chocolate baking chips
- Avoid: Check grains and flours above, carob or vegan chocolate chips

Beverages

- Safe: Coffee, tea, pure cocoa powder, sodas, rice milk or rice beverages
- Avoid: Check labels of coffee mixes, herbal teas, soy or rice drinks, malted beverages

Alcohol

- Safe: Wine, some distilled liquors
- Avoid: Beer (gluten free beer is available and permitted), ale, lager

Candies

- Safe: Check labels, most are gluten-free
- Avoid: Candy from bulk bins, licorice