GLUTEN-FREE DIET EXAMPLES

This is not a complete list. It is important to read all food ingredient lists carefully to make sure that the food does not contain gluten.

BEVERAGES

Allowed: Coffee, tea, carbonated drinks, some root beer.
Avoid: Ovaltine, malted milk, ale, beer, gin, whiskey, flavored coffee, herbal tea with malted barley.

MILK

Allowed: Fresh, dry, evaporated, or condensed milk; cream; sour cream; whipping cream; yogurt.
Avoid: Malted milk, some commercial chocolate milk, some nondairy creamers.

MEAT, FISH, POULTRY

Allowed: Fresh meats, fish, other seafood, & poultry; fish in canned oil, brine, or water; some hot dogs and lunch meats.
Avoid: Prepared meat containing wheat, rye, oats, or barley; tuna canned in vegetable broth.

CHEESE

Allowed: All aged cheese, such as cheddar, Swiss, parmesan; cottage cheese; cream cheese; pasteurized processed cheese; cheese spreads.
Avoid: Any cheese product containing oat gum, some veined cheeses (bleu, stilton, roquefort, gorgonzola).

POTATO OR OTHER STARCH

Allowed: White and sweet potatoes, yams, hominy, rice, wild rice, gluten-free noodles, some oriental rice and bean thread noodles.
Avoid: Regular noodles, spaghetti, macaroni, most packaged rice mixes, seminola, spinach noodles, frozen potato products with wheat flour added.

CEREALS

Allowed: Hot cereals made from cornmeal or other corn-based cereal, Cream of Rice, hominy, rice; Puffed Rice, cereals made without malt.
Avoid: All cereals containing wheat, rye, oats, or barley; bran; wheat germ; durum; kasha; bulgur; triticale; spelt; kamut.

BREADS

Allowed: Specially prepared breads using only allowed flours.
Avoid: All breads containing wheat, rye, oat, or barley flours and grains listed above.

FLOURS AND THICKENING AGENTS

Allowed: Arrowroot starch, corn bran, corn flour, corn germ, cornmeal, corn starch, potato flour, potato starch flour, rice bran, rice flour, rice polish, rice starch, soy flour, tapioca starch, bean and lentil flours, nut flours.
Avoid: Wheat germ, bran, wheat starch; all flours containing wheat, rye, oats, or barley; spelt; kamut.

VEGETABLES

Allowed: All plain, fresh, frozen, or canned vegetables; dried peas and beans; lentils.
Avoid: Creamed vegetables, vegetables canned in sauce, some canned baked beans, commercially prepared vegetables and salads.

FRUITS

Allowed: All fresh, frozen, canned, or dried fruits; all fruit juices; some canned pie fillings.
Avoid: Thickened or prepared fruits; some pie fillings; raisins and dried dates that have been dusted with flour.

FATS

Allowed: Butter, margarine, vegetable oil, nuts, peanut butter, hydrogenated vegetable oils, some salad dressings, mayonnaise, nonstick cooking sprays.
Avoid: Some commercial salad dressings, wheat germ oil, nondairy cream substitutes, most commercial gravies and sauces.

SOUPS

Allowed: Homemade broth and soups made with allowed ingredients, specialty dry soup mixes.
Avoid: Most canned soups and soup mixes, bouillon and bouillon cubes with hydrolyzed vegetable protein.

DESSERTS

Allowed: Cakes, quick breads, pastries, and puddings made with allowed ingredients; cornstarch, tapioca, and rice puddings; some pudding mixes; custard; ice cream with few, simple ingredients; sorbet; meringues; mousse; sherbets; frozen yogurt.
Avoid: Commercial cakes, cookies; pies made with wheat, rye, oats, or barley; spelt, kamut; prepared mixes; puddings; ice cream cones; Jell-O instant pudding; cream fillings; products made with brown rice syrup.

SWEETS

Allowed: Jelly, jam, honey, brown and white sugar, molasses, most syrups, some candy, chocolate, pure cocoa, coconut, marshmallows.
Avoid: Commercial candies dusted with wheat flour, butterscotch chips; flavored syrups; sweets containing malt/malt flavorings; some brown rice syrup; some corn syrup.

MISCELLANEOUS

Allowed: Salt, pepper, herbs, herb extracts, food coloring, cloves, allspice, ginger, nutmeg, cinnamon, chili powder, tomato puree and paste, olives, active dry yeast, bicarbonate of soda, baking powder, cream of tartar, dry mustard, some condiments, apple cider, rice or wine vinegar.
Avoid: Curry powder, dry seasonings mixes, gravy extracts, meat sauces, catsup, mustard, horseradish, chip dips, most soy sauce, some distilled white vinegar, instant dry baking yeast, some cinnamon, condiments made with wheat-derived distilled vinegars, communion wafers/bread, some alcohol-based flavoring extracts.