



Acceptable Gluten-Free Food List

List of safe ingredients that can be incorporated into your gluten-free diet

While this is far from a complete list of ALL gluten-free foods, this list should serve as a great jump start your gluten-free diet.

- **Rice**
- **Brown Rice** (*Plain, not flavored*)
- **Corn**
- **Cornstarch**
- **Corn Flour**
- **Cornmeal** (*if pure and not mixed with any other flour*)
- **Corn Grits**
- **Potato**
- **Soy**
- **Beans**
- **Tapioca**
- **Millet**
- **Millet Flour**
- **Arrowroot**
- **Sorghum**
- **Flax**
- **Quinoa**
- **Quinoa Flour**
- **Nut Flours**
- **Amaranth**
- **Teff**
- **Montina**
- **Garfava**
- **Dextrin** *made from Corn, Rice, Potatoes, Arrowroot or Tapioca (can be made from wheat, so if in doubt, go without!)*
- **Pure Spices** (*can contain silicon dioxide, but nothing from the Unacceptable Foods List*)
- **Distilled vinegar**: *Although made from wheat, the distillation process removes the gluten peptide (Malt Vinegar is NOT gluten-free)*
- **Carob**
- **Eggs**

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- **Nuts, Plain** (*some nuts can be cross-contaminated or flavored with wheat-based ingredients*)
- **Nut Flours**
- **Seeds**
- **Seed Flour**
- **Fresh and Frozen Veggies**
- **Pure Vegetable Juice** (*if flavored, check ingredients*)
- **Fresh Fruit** (*Dried Fruit can be dusted with Oat Flour or processed on shared equipment*)
- **Pure Fruit Juice** (*if flavored, check ingredients*)
- **Fresh Meat** (*make sure it's plain, un-marinated, un-seasoned and not injected or basted with gluten-containing product*)
- **Fresh Poultry** (*same as Meat above, check ingredients if not plain*)
- **Coffee and Tea** (*plain... if flavored, check ingredients*)
- **Milk**
- **Buttermilk**
- **Cream**
- **Tofu**

Here are some foods that MAY be gluten-free if processed correctly. They MUST be marked with a special "gluten-free" label to be considered safe (and even then.. you never know. Check growing and manufacturing practices directly with manufacturer before consuming).

Food that MAY Be Safe for a Gluten-Free Diet (check labels!):

- **Buckwheat** (*Buckwheat is not a form of wheat and does not naturally contain gluten. However, buckwheat is often mixed with wheat flour, so always check the label. When in doubt, go without!*)
- **Cheese** (plain, not shredded)
- **Oats** (*as long as guaranteed gluten-free. Most oats are NOT gluten-free!!*)

NOTE: *Even products that are specifically labeled "gluten-free" can actually contain gluten.* Cross-contamination can occur in any gluten-free product that is grown, processed, manufactured, transported and/or packaged on/with equipment that also processed gluten-containing products. Check labels for warnings such as "Processed on equipment that also processed wheat" or "Packaged in a facility that processes wheat"

**This list is not guaranteed to be 100% complete or accurate. It should not be used as a substitute for advice from a licensed health-care provider. Please consult your physician, dietitian or other health-care provider for all health, medical and dietary matters.*