

# Gluten-Free Dietary Guidelines

Type	Foods Allowed	NO Foods	Controversial (If in doubt, go without!)
Grains/Starches/Flours	Rice, brown, red, wild, and white Millet Sorghum Buckwheat Tapioca (starch and flour are the same) Arrowroot Potato flour/starch Coconut Flour Corn Meal/flour Teff Quinoa Rice Bran Bean flours Pea flours	Whole wheat All-purpose white flour Rye Barley Spelt Kamut triticale wheat bran Baking mixes/cereals containing above grains	ANY food with ingredients you can't pronounce *Oats, including GF Modified food starch that does not specify source Foods made on shared equipment
Breads/Pasta/Dessert	quinoa and rice pastas and noodles rice or corn crackers soy bean thread noodles Gluten Free whole grain organic cereals Rice Chex Brown rice, rice crispy cereal Gluten Free whole grain baking mixes Brown rice or teff flour tortillas	Whole wheat bread, white bread Multi-grain breads (usually contain wheat) Rye bread Barley cereal or cereals containing no grains Cookies, cakes, pies, ice cream cones stuffing, thickened gravies and custards muffins, pancakes, scones, doughnuts Cookies, crackers, croutons	*Any product containing oats
Nuts and Seeds	walnuts, almonds, pecans flax seeds, pumpkin seeds sesame seeds, sunflower seeds pistachios, cashews, soy nuts, hemp seeds	none (except in elimination process)	Flavored, coated, or spiced nuts (read labels!) Peanuts, if possible allergy
Vegetables	leafy lettuce, collards, cabbage broccoli, green beans, cauliflower sweet potatoes, yams, tomatoes zucchini, squash, carrots, brussel sprouts turnips, beet, bok choy, onions, garlic spinach, kale, peas	none (except in elimination process)	prepackaged seasoned vegetables (read labels!) canned seasoned vegetables (read labels!) battered/deep fried vegetables (chick pea batter is ok)
Fruit		none (except in elimination process)	

berries, all kinds  
 apples, pears, grapes  
 melon, kiwi, mango, papaya  
 grapefruit, oranges, tangerines  
 peaches, nectarines  
 figs, plums, dates, pineapple

prepackaged fruit snacks (read labels!)  
 fruit pie fillings (read labels!)

**Legumes** none (except in elimination process)

Organic pinto beans, black beans  
 garbanzo beans, navy beans, kidney beans  
 fava beans, lentils, soy beans

many prepackaged legume entrées (read labels!)  
 many canned bean soups (read labels!)

**Meat/Fish/Poultry**

Deep cold water fish  
 free range chicken  
 free range turkey  
 lamb and lean, free range beef  
 venison, and other lean game meats

Many sausages, processed lunch meat  
 Turkey that has been cooked with stuffing  
 Breaded Fish  
 Fried chicken  
 Battered or deep fried meats

Marinated meats (i.e.: marinades containing soy sauce)

**Dairy and Dairy Substitutes** \*Use dairy substitutes if lactose intolerant

Hormone Free Cow's Milk, \*nut milks  
 \*soy milk, \*hemp milk  
 free range eggs  
 natural cheeses  
 \*non-GMO rice, almond, and soy cheeses  
 butter, \*non-hydrogenated vegan spreads  
 goat cheese, shepherd's cheese

Some flavored yogurts (read labels)  
 Flavored Ice creams (i.e. cook dough - read labels!)

**oils, Fats** none (AVOID hydrogenated and trans fats)

olive oil, canola oil, grape seed oil  
 avocado oil, coconut oil  
 flax oil, almond oil  
 butter  
 non-hydrogenated soy and palm spreads  
 nut and seed butters, avacodo, olives

Peanut butter if possible allergy

**Condiments/spices**

fresh herbs  
 most mustards  
 natural spices  
 gluten free flavorings  
 wheat free tamari/sans gluten soy sauce  
 Balsamic vinegar  
 Bragg's Amino Acids

Soy sauce (most contain wheat!)  
 All sauce that lists soy sauce on the label  
 Malt and Malt flavorings  
 Malt Vinegar

Some spicy mustards contain wheat  
 Some artificial flavorings may contain gluten  
 Salad dressings (read labels)  
 Some cocoa/hot chocolate (read labels)  
 Many Asian sauces/seasonings contain wheat  
 Teriyaki Sauce (contains soy sauce!)  
 Vinegar distilled in grain alcohol (controversial)

Gluten Free Thai seasonings & sauces  
Apple Cider Vinegar

#### Lib balms and lipstick

Burt's Bees Brand

Many lipsticks and lip balms contain gluten

Check ingredients

#### Supplements/Prescriptions

Gluten Free capsules and meal replacements

Capsules are often made with gluten base

Always check with doctor or pharmacist

#### Other

Nutra Meal, Nutra Bars, Larabars,  
Kind fruit & Nut bars

Licorice, many candy bars  
many nutrition bars

Most organic chicken and vegetable broths

Many artificial colorings and flavorings

Hummus

Many prepackaged broths and soups

Fresh salsa and pico de gallo

organic dark chocolate

#### Foods to consider temporarily avoiding when first diagnosed with gluten-intolerance

\*nuts and seeds

\*As the digestive track begins to heal, slowly re-introduce these foods one at a time. If a food causes problems, eliminate it and try again a few days to few weeks

\*dairy products

later. Cook vegetables until well done, then introduce them cooked al dente, and eventually raw. If a system has been severely damaged, it may take a while to heal

\*raw vegetables

and these foods can be rough on the digestive track. However, in time most foods can be reintroduced with success, adding even more options and sources of

\*corn and corn meal

nutrition to the diet!

\*beef

\*berries with seeds

\*beans