



# Gluten-free diet

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## Avoid:

- Bulgur
- Bran
- Couscous
- Durum Wheat
- Farina
- Farro/Emmer (low gluten - but still gluten)
- Graham flour
- Kamut
- Orzo
- Panko crumbs
- Seitan
- Semolina
- Spelt
- Triticale
- Udon
- Wheat
- Wheat germ/bran/starch
- Rye
- Barley
- Barley malt (including dextromaltose)
- Commercial oats\*\* (unless stated -gluten free)

\*\* Note: ***Many times oats are contaminated with wheat and are reactive***

## Allowed:

- Rice (especially brown—short and long grain)
- millet
- Potato Potato starch
- Corn
- Pure, uncontaminated oats\*\*
- Quinoa
- Tapioca
- Buckwheat flour/ kasha
- Yam
- Teff
- Amaranth
- Arrowroot
- Gelatin
- Xanthan gum
- Guar gum
- Sorghum
- Chia
- Bean-derived flour (garam)
- Nut flour



## Some more forbidden foods: (a short list!)

- Chocolate bars (check the label!)
- Barbecue sauce
- Most commercially produced sauces
- Beer and ale (ouch)
- Breaded products
- Cakes and cookies (unless gluten-free)
- Canned and boxed soups (gluten used as thickener)
- Cereals—(many contain malt sweeteners)
- Cheese spreads
- Couscous
- Crackers
- Farina
- Frankfurters (all of them)
- Graham flour
- Gravy (canned or jar)
- Ice cream (thickeners contain wheat)
- Canned meats—and other luncheon meats
- Imitation crab
- Malt vinegar
- Modified food starch
- Pudding
- Soy sauce
- Sausage products
- Soba noodles (unless 100% buckwheat)
- Seitan (gluten product that mimics meat)
- Some cosmetics, play dough, crayons
- Some supplement and medication coatings

Note: Most major food chains now provide a list of gluten-free foods—I have gotten lists from PCC, Whole Foods and Albertsons.