

# GLUTEN FREE FOOD LIST

## Gluten-Free Drinks and Beverages

Alcoholic drinks: Cider and wines only

Carbonated drinks, energy drinks, and juices

Coffee and tea

Gluten-Free Condiments, Sauces, and Spices

Herbs and spices: Basil, black pepper, chili, cumin, garlic powder, oregano, thyme, etc.

Gluten-Free Fruits and Veggies  
Additives and Preservatives

## Drinks and Beverages to Avoid

Beer

Condiments, Sauces, and Spices to Avoid

Barbecue sauce

Ketchup and Worcestershire sauce

Gluten stabilizer

Hydrolysed wheat protein

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## Gluten-Free Drinks and Beverages

Acids: Ascorbic acid, citric acid, lactic acid, and malic acid.

Corn-starch.

Distilled vinegar.

Di- and monoglycerides.

Oat gum.

## Gluten-Free Proteins

Beans: Black beans, green beans, kidney beans, red beans, etc.

## Drinks and Beverages to Avoid

Malt

Maltodextrin

Modified food starch

Proteins to Avoid

Cold cuts

Ground meat

Processed meats: Brawns, hot dogs, pepperoni, salami, sausage, etc

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## Gluten-Free Drinks and Beverages

Nut and seeds: Almonds, cashews, macadamia, walnuts, etc.

Poultry: Fresh chicken and turkey.

Red meat: Beef, bison, lamb, mutton, pork, etc.

Seafood: Fresh clams, crabs, lobster, prawns, scallops, etc.

Tofu: Made from soybean, which is gluten-free.

## Gluten-Free Sweets and Desserts

Chocolate

## Drinks and Beverages to Avoid

Seitan

Veggie burgers and other meat substitutes

## Sweets and Desserts to Avoid

Barley malt

Grain-based desserts

Liquorice

Whole Grains to Avoid

# GLUTEN FREE FOOD LIST

## Gluten-Free Drinks and Beverages

Frozen yogurt

Gelato

Hard candy and gummies

Ice cream and sherbet

Gluten-Free Whole Grains

Amaranth

## Drinks and Beverages to Avoid

Barley

Malt

Rye

Triticale

Wheat

Wheat varieties such as bromated flour, bulgur, durum, farina, farro, graham, Kamut, semolina, spelt, whole wheat, and wheat berries

# GLUTEN FREE FOOD LIST

## Gluten-Free Drinks and Beverages

Buckwheat

Potato Flour

Corn

Rice

Millet

Sorghum

Oats

Teff

Quinoa

[Diets Meal Plan](#)

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