

A list of

Gluten

Free

Foods YOU

can eat

knowgluten.me

A list of gluten free foods to print and take shopping:

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All Fruit - for example:

- apples
- oranges
- grapes
- bananas
- grapefruit
- mangoes
- canned peaches
- apple sauce
- dried apricots
- raisins

All Vegetables - for example:

- tomatoes
- green and bell peppers
- mushrooms
- potatoes
- corn
- broccoli and cauliflower
- squash and pumpkin
- zucchini
- all types of lettuce
- cabbage

Many Condiments - for example:

- Ketchup
- Mustard
- Mayonnaise
- Fish Sauce
- Gluten Free soy sauce
- Relish
- Salad dressings labeled gluten free
- Salt and Pepper

All Unprocessed Meat that you season and cook yourself - for example:

- Chicken
- Beef
- Pork
- Fish
- Eggs
- Most ham
- Most bacon
- Sausages labeled Gluten Free
- Hebrew National hot dogs

* Note: Processed meats like hot dogs and deli meat might contain gluten.

*Note: Some seasonings and sauces used on meat may contain gluten

*Note: Check the label on your bacon and ham. Many will actually say “gluten free”

Many Dairy Products - for example:

- Milk
- Cheese
- Many types of yoghurt
- Many types of ice cream
- Butter
- Most brands of cottage cheese.

*Note: Blue Cheese contains bread mold and is not gluten free

*Note: Check the label on your yoghurt, some contain gluten. Avoid yoghurt with added fiber and or Muesli.

*Note: No cookie dough or cake batter ice cream. Always read the label. Breyers Vanilla and Strawberry are good bets.

Gluten Free Products - for example:

- Uldi's Gluten Free bread and hamburger Buns
- Glutino Gluten Free crackers and cookies
- Gluten Free cake mixes
- Gluten Free Bisquick
- Glutenfreeda's Burritos
- Amys Kitchen Gluten Free products (over 100!)

Side Dishes that don't contain gluten - for example:

- Plain white or brown rice
- Polenta
- Grits
- Potatoes
- Gluten Free pasta
- Rice stick noodles from an Asian grocery
- Corn tortillas
- Bush's vegetarian baked beans
- Plain canned or dried beans

*Note: Avoid instant mashed potatoes or potato flakes, some contain wheat.

*Note: Check the label on the corn tortillas. Corn is fine to eat, but avoid those that contain wheat or both corn and wheat.

Unseasoned Nuts and Nut Spreads - for example:

- Almonds
- Peanuts
- Cashews
- Pistachios
- Peanut Butter
- NUTELLA (yes, Nutella!)
- Almond Butter

*Note: Check the labels on nuts, you want to stick with those that are either plain or just salted. Avoid other seasonings until you figure out all the names gluten might be hiding under

Some Snack Foods (always read the label for these) - for example:

- Popcorn
- Corn tortilla chips

Gluten Free Cereals - for example:

- Many varieties of Chex cereal (it will say GLUTEN FREE on the box)
- Gluten Free Rice Krispies
- Fruity Pebbles
- Gluten free cornflakes