

# Gluten-Free Food List

*Use this template to plan and track your gluten-free diet. Fill in the specifics of the brands and products you prefer, and make notes on items to explore or questions to research.*

## Instructions:

1. Research products and brands that cater to gluten-free diets and fill in the product preferences next to each category.
2. When shopping for new items, always check the labels for gluten-containing ingredients or allergen statements.
3. Update the list with new finds and preferences as you expand your gluten-free diet.
4. If you're uncertain about a product, contact the manufacturer or consult a dietitian for guidance.
5. Keep track of your favorite brands and items for easy reference.
6. Remember that cross-contamination can occur during the manufacturing process or when preparing food at home. Always ensure that products are certified gluten-free if you are highly sensitive or have celiac disease.

## Fruits and Vegetables

- Fresh fruits:

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- Fresh vegetables:

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- Frozen fruits (check for additives):

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- Frozen vegetables (check for additives):

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- Canned fruits/vegetables (ensure no gluten-containing additives)

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## Meat and Fish

- Fresh cuts of meat (beef, pork, lamb):

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- Fresh poultry (chicken, turkey):

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- Fresh fish and seafood:

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- Processed meats (check labels for gluten):

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## Dairy Products

- Milk:

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- Cheese (check for additives):

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- Butter and ghee:

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- Yogurt (confirm no gluten-containing additives):

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## Grains

- Rice (all types):

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- Quinoa:

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- Corn (including polenta and cornmeal):

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- Gluten-free oats (ensure no cross-contamination):

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- Other gluten-free flours (almond, coconut, chickpea, etc.):

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## Legumes

- Beans (kidney, black, pinto, etc.):

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- Lentils:

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- Peas:

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## Nuts and Seeds

- Almonds, walnuts, cashews (plain, ensure no cross-contamination):

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- Chia seeds, flax seeds, pumpkin seeds:

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- Nut butters (check for cross-contamination):

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## Fats and Oils

- Olive oil:

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- Coconut oil:

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- Avocado oil:

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- Other vegetable oils:

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## Herbs, Spices, and Condiments

- Fresh herbs:

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- Dried spices (single ingredient):

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- Gluten-free soy sauce/tamari:

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- Mustard:

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- Vinegar (except malt vinegar):

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- Salad dressings (check labels):

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## Beverages

- Water: \_\_\_\_\_

- 100% fruit juice:

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- Coffee and tea (plain, check for additives in flavored options):

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- Soft drinks:

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- Gluten-free alcoholic beverages:

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## Snacks and Packaged Products

- Gluten-free bread and baked goods:

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- Gluten-free crackers:

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- Gluten-free cereals (check labels):

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- Gluten-free snack bars:

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## Miscellaneous

- Gluten-free pasta:

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- Gluten-free sauces and gravies (check labels):

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- Gluten-free soups and broths (check labels):

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**Notes and Brand Preferences**