

# Gluten-Free Food List

A gluten-free diet eliminates all forms of gluten, a protein found in wheat, barley, and rye. This handout supports clinical guidance for patients with celiac disease, non-celiac gluten sensitivity, or wheat allergy.

## When beginning a gluten-free diet...

Patients should follow strict gluten avoidance and focus on whole, naturally gluten-free foods. Emphasize label-checking for processed products to minimize cross-contamination.

## Safe foods to include

### Grains, seeds, and starches

- ✓ Amaranth
- ✓ Arrowroot
- ✓ Beans
- ✓ Buckwheat groats (also known as kasha)
- ✓ Cassava
- ✓ Chia
- ✓ Corn
- ✓ Flax
- ✓ Gluten-free oats
- ✓ Millet
- ✓ Nut flours
- ✓ Potato
- ✓ Quinoa
- ✓ Rice
- ✓ Sorghum
- ✓ Soy
- ✓ Tapioca
- ✓ Teff
- ✓ Yucca

### Protein sources

- ✓ Fresh meat – beef, pork, lamb, bison (unprocessed)
- ✓ Poultry – chicken, turkey (no marinades)
- ✓ Seafood – fish, shellfish (plain, no breading)
- ✓ Eggs
- ✓ Beans, lentils, chickpeas
- ✓ Nuts, seeds
- ✓ Tofu (if labeled gluten-free)

### Fruits

- ✓ Apples, bananas, pears, peaches, citrus fruits
- ✓ Berries – strawberries, blueberries, raspberries, blackberries
- ✓ Grapes, melons, mangos, pineapples

### Dairy (naturally gluten-free)

- ✓ Milk, cream, butter
- ✓ Cheese – hard and soft cheeses
- ✓ Yogurt (plain)
- ✓ Sour cream

### Vegetables

- ✓ Leafy greens – spinach, kale, lettuce, Swiss chard
- ✓ Cruciferous – broccoli, cauliflower, cabbage
- ✓ Root/starchy veg – carrots, squash, potatoes
- ✓ Tomatoes, cucumbers, peppers, onions, mushrooms

### Fats, oils, condiments and preserves

- ✓ Olive oil, avocado oil, coconut oil
- ✓ Sunflower oil, sesame oil
- ✓ Whole avocados, olives
- ✓ Honey, jam, marmalade
- ✓ Vinegars (including balsamic and cider vinegar)
- ✓ Worcestershire sauce (check for gluten-free label)
- ✓ Tomato purée, passata

### Beverages

- ✓ Water, herbal teas, coffee (plain)
- ✓ 100% fruit juice
- ✓ Wine, hard ciders
- ✓ Gluten-free beer (certified)

### Gluten-free snacks

- ✓ Popcorn (plain)
- ✓ Trail mix (with gluten-free ingredients)
- ✓ Gluten-free granola
- ✓ Corn tortilla chips with salsa or hummus

### **Foods to avoid**

- X Wheat (including spelt, farro, durum, semolina)
- X Barley and malt (malt extract, malt vinegar)
- X Rye
- X Pasta, bread, cakes, cookies made with wheat flour
- X Breaded or fried items (unless gluten-free certified)
- X Soy sauce (unless labeled gluten-free)
- X Beer (unless gluten-free)

### **Cross-contamination notes**

- Use separate cooking utensils and prep surfaces for gluten-free meals.
- Avoid bulk bins and shared toasters.
- Confirm “gluten-free” labeling on packaged foods, especially sauces, processed meats, and snacks.

### **Reintroduction guidelines (for non-celiac sensitivity only)**

- Reintroduce gluten-containing foods one at a time under medical supervision.
- Monitor for GI symptoms, fatigue, brain fog, skin issues, or mood changes.
- Wait 3–4 days between each food to identify possible sensitivities.

### **Additional notes**

Association of European Coeliac Societies (AOECS). (n.d.). *Gluten free foods*. Retrieved March 24, 2025, from <https://www.aoecs.org/eating-food/gluten-free-foods/>

Celiac Disease Foundation. (2018). Gluten-free foods. <https://celiac.org/gluten-free-living/gluten-free-foods/>