

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:

- Fresh vegetables:

- Frozen fruits (check for additives):

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

Meat and Fish

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

- Fresh poultry (chicken, turkey):

- Fresh fish and seafood:

- Processed meats (check labels for gluten):

Dairy Products

- Milk:

- Cheese (check for additives):

- Butter and ghee:

- Yogurt (confirm no gluten-containing additives):

Grains

- Rice (all types):

- Quinoa:

- Corn (including polenta and cornmeal):

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

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

Legumes

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

- Lentils:

- Peas:

Nuts and Seeds

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

- Chia seeds, flax seeds, pumpkin seeds:

- Nut butters (check for cross-contamination):

Fats and Oils

- Olive oil:

- Coconut oil:

- Avocado oil:

- Other vegetable oils:

Herbs, Spices, and Condiments

- Fresh herbs:

- Dried spices (single ingredient):

- Gluten-free soy sauce/tamari:

- Mustard:

- Vinegar (except malt vinegar):

- Salad dressings (check labels):

Beverages

- Water: _____

- 100% fruit juice:

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

- Soft drinks:

- Gluten-free alcoholic beverages:

Snacks and Packaged Products

- Gluten-free bread and baked goods:

- Gluten-free crackers:

- Gluten-free cereals (check labels):

- Gluten-free snack bars:

Miscellaneous

- Gluten-free pasta:

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

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

Notes and Brand Preferences