

No Grain Diet Food List

Food to enjoy freely

Fruits

- All fresh fruits
- Frozen fruits (no additives)
- Dried fruits (unsweetened, no grain-based coating)

Vegetables

- All leafy greens (spinach, kale, lettuce, Swiss chard)
- Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts)
- Root vegetables (carrots, sweet potatoes, beets)
- Squash varieties (zucchini, butternut, acorn)
- Mushrooms
- Bell peppers
- Onions and garlic
- Cauliflower rice (as a grain substitute)

Dairy (if tolerated)

- Plain yogurt
- Cheese
- Butter

Proteins

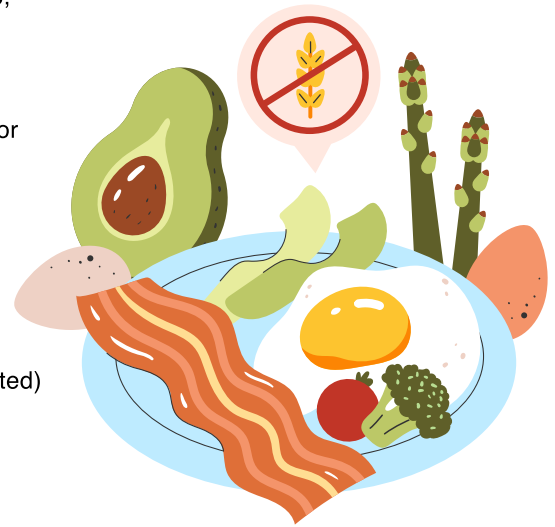
- All fresh meats (beef, pork, lamb, poultry)
- Fish and seafood
- Eggs
- Wild game
- Tofu and tempeh (check labels for grain-free certification)

Healthy fats

- Avocados
- Olive oil
- Coconut oil
- Avocado oil
- Ghee
- Nuts and seeds (raw or dry roasted)

Grain-free flour alternatives

- Almond flour
- Coconut flour
- Cassava flour
- Arrowroot flour
- Tapioca flour



Food to avoid

All grains, including:

- Wheat (all varieties)
- Rice
- Corn
- Oats
- Barley
- Rye
- Millet
- Quinoa
- Sorghum
- Teff
- Sources of hidden grains

Grain-derived food:

- Bread
- Pasta
- Muesli
- Oatmeal
- Rice cakes
- Breakfast cereals
- Pastries
- Cookies

Sample diet plan

Breakfast	Lunch	Dinner	Snacks
Eggs with vegetables and avocado	Large salad with grilled chicken and olive oil dressing	Grilled fish with roasted vegetables and cauliflower rice	Nuts, fruits, vegetable sticks with guacamole

Additional notes

Chintapalli, S. (2022, September 28). Grain-free diet: Benefits, food lists, and meal plan. *MedicineNet*. https://www.medicinenet.com/grain-free_diet_benefits_food_lists_meal_plan/article.htm

Petre, A. (2021, December 2). Is a grain-free diet healthy? Everything you need to know. *Healthline*. <https://www.healthline.com/nutrition/grain-free-diet#basics>