

# **GLUTEN FREE DIET CHEAT SHEET**

## **Main Gluten-Containing Ingredients to Avoid**

- Wheat: wheat bran, wheat flour, wheat germ, wheat starch, durum, kamut, semolina, spelt, farina, bulgur, cake flour, matzo, couscous, graham flour, self-rising flour, triticale
- Rye: rye bread, rye flour
- Barley: ale, beer, lager, brewer's yeast, malt, malt extract, malt vinegar, malted milk
- ? Oats: oat flour, oatmeal, oat bran  
\*Per clinical studies: 1 cup cooked pure, uncontaminated oats is generally well tolerated

## **Ingredients/ Foods to Question**

- Soy sauce (usually contains wheat)
- Sauces, Marinades, Salad Dressings
- Stuffings
- Soup Base
- Modified food starch (usually gluten-free in North-American countries; wheat starch is used more frequently in European countries)
- Starch in medications
- Dextrin and Maltodextrin ( usually gluten-free in North American countries)
- Flavorings
- Seasonings
- Brown rice syrup (may contain barley)
- Enzymes (sometimes made from barley)

- Hydrolyzed plant or vegetable protein (can be made from corn, soy, or wheat)
- Mono and Diglycerides when in dry goods
- Processed Meats (hamburger patties, deli meats, hotdogs)
- Imitation seafood
- Imitation bacon
- Flavored Coffee and Teas
- Candies

## **Grains and Starches to Choose Instead of Wheat**

- Beans
- Legumes
- Flax
- Corn
- Potatoes
- Rice
- Sorghum
- Soy
- Sago
- Tapioca
- Millet
- Montina
- Mesquite
- Quinoa
- Buckwheat
- Amaranth
- Arrowroot
- Teff

## **Gluten-Free Additives**

- Artificial Sweeteners, Sugar Alcohols
- BH/BHT
- Brewers and Baking Yeast
- Fumarate, Lactic and Malic Acids
- Lecithin
- Monosodium Glutamate (MSG)
- Pectin
- Psyllium
- Sodium Nitrate/Nitrate
- Sugars
- Vanilla
- Vegetable Gums

## **Healthy Gluten-Free Snacks**

- Fruit and Veggies with dip
- Dried fruit and nuts, seeds
- String or cubed cheese
- Cottage cheese
- Hummus
- Peanut butter
- Rice or nut crackers
- Yogurt (regular or frozen)
- Deli meats
- Popcorn

## **Gluten-Free Indulgences**

- Corn chips or potato chips (plain)
- Ice Cream
- Pudding
- Gelatin
- Popsicles
- Chocolates, most candies
- Gum
- Soda