

# Lost Temple Fitness

Gluten Free	Foods to Eat	Foods to avoid	Questionable or Decrease Consumption	Possible Other Names or things to Avoid
<p>A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale</p> <p><i>Mayo Clinic</i></p> <p><i>David Perlmutter</i></p>	<p>Rice</p> <p>Cassava</p> <p>Corn (Maize)</p> <p>Soy</p> <p>Potato</p> <p>Tapioca</p> <p>Beans</p> <p>Sorghum</p> <p>Quinoa</p> <p>Millet</p> <p>Buckwheat Groats (Also Known As Kasha)</p> <p>Arrowroot</p> <p>Amaranth</p> <p>Teff</p> <p>Flax</p> <p>Chia</p> <p>Yucca</p> <p>Gluten-Free Oats</p> <p>Nut Flours</p> <p><i>Celiac Disease Foundation</i></p> <p>Beans, seeds and nuts in their natural, unprocessed form</p> <p>Fresh eggs</p> <p>Fresh meats, fish and poultry (not breaded, batter-coated or marinated)</p> <p>Fruits and vegetables</p> <p>Most dairy products</p> <p><i>Mayo Clinic</i></p>	<p>Wheat</p> <p>Wheat germ</p> <p>Rye</p> <p>Barley</p> <p>Bulgur</p> <p>Couscous</p> <p>Farina</p> <p>Graham flour</p> <p>Kamut Matzo</p> <p>Semolina</p> <p>Spelt</p> <p>Triticale</p> <p>Durum flour</p>	<p>Malt/Malt Flavoring</p> <p>Soups</p> <p>Commercial Bullion And Broths</p> <p>Cold Cuts</p> <p>French Fries (Often Dusted With Flour Before Freezing)</p> <p>Processed Cheese (E.G., Velveeta)</p> <p>Mayonnaise</p> <p>Ketchup</p> <p>Malt Vinegar</p> <p>Soy Sauce And Teriyaki Sauces</p> <p>Salad Dressings</p> <p>Imitation Crab Meat, Bacon Egg Substitute</p> <p>Tabbouleh</p> <p>Sausage</p> <p>Non-Dairy Creamer</p> <p>Fried Vegetables/Tempura</p> <p>Gravy</p> <p>Marinades</p> <p>Canned Baked Beans</p> <p>Cereals</p> <p>Commercially Prepared</p> <p>Chocolate Milk</p> <p>Breaded Foods</p> <p>Fruit Fillings And Puddings</p> <p>Hot Dogs</p> <p>Ice Cream</p> <p>Root Beer</p> <p>Energy Bars</p> <p>Trail Mix</p> <p>Syrups</p> <p>Seitan</p> <p>Wheatgrass</p> <p>Instant Hot Drinks</p> <p>Flavored Coffees And Teas</p> <p>Blue Cheeses</p> <p>Vodka</p> <p>Wine Coolers</p> <p>Meatballs, Meatloaf</p> <p>Communion Wafers</p> <p>Veggie Burgers</p> <p>Roasted Nuts</p> <p>Beer</p> <p>Oats (Unless Certified Gf)</p> <p>Oat Bran (Unless Certified Gf)</p>	<p>Avena sativa</p> <p>Cyclodextrin</p> <p>Dextrin</p> <p>Fermented grain extract</p> <p>Hordeum distichon</p> <p>Hordeum vulgare</p> <p>Hydrolysate</p> <p>Hydrolyzed malt extract</p> <p>Hydrolyzed vegetable protein</p> <p>Maltodextrin</p> <p>Phytosphingosine extract</p> <p>Samino peptide complex</p> <p>Secale cereale</p> <p>Triticum aestivum</p> <p>Triticum vulgare</p> <p>Tocopherol/vitamin E</p> <p>Yeast extract</p> <p>Natural flavoring</p> <p>Brown rice syrup</p> <p>Modified food starch</p> <p>Hydrolyzed vegetable protein (HVP)</p> <p>Hydrolyzed soy protein</p> <p>Caramel color (frequently made from barley)</p>