

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