

GLUTEN-FREE DIET

Type of Food	Food Allowed	Foods to Avoid
Beverages:	<ul style="list-style-type: none"> ☞ Milk ☞ Carbonated beverages ☞ Coffee, tea ☞ Cocoa with no wheat flour 	<ul style="list-style-type: none"> ☞ Postum ☞ Malted milk (e.g., Ovaltine) ☞ Ale, beer ☞ Instant coffee if wheat flour added
Breads:	<ul style="list-style-type: none"> ☞ Breads made from rice, oat*, soybean, pure buckwheat, or potato flours ☞ Arrowhead Mills gluten free pancake mix ☞ Rice crackers and cakes <p>* there is controversy on oat's gluten-free status</p>	<ul style="list-style-type: none"> ☞ Wheat, rye, kamut, spelt, and barley (flours, bread, rolls) ☞ Pancakes, breads, muffins, biscuits, and waffles from commercial mixes, unless stated "Gluten-free" ☞ All crackers, pretzels, bread crumbs, breaded foods
Cereals:	<ul style="list-style-type: none"> ☞ Armaranth, millet, or corn cereal ☞ Rice/Cream of Rice, oatmeal ☞ Puffed corn or rice. Perky's Nutty Rice ☞ Quinoa flakes 	<ul style="list-style-type: none"> ☞ Omit all made with wheat, rye, barley, and wheat germ
Desserts:	<ul style="list-style-type: none"> ☞ Custard ☞ Ices or sherbets ☞ Rice pudding ☞ Tapioca pudding ☞ Gelatin ☞ Fruit whips ☞ Meringues ☞ Rennet desserts ☞ Cookies made with allowed flours 	<ul style="list-style-type: none"> ☞ Commercial ice creams ☞ Ice cream cones ☞ Prepared puddings ☞ Mixes ☞ Homemade puddings thickened with flour ☞ Cake ☞ Cookies, doughnuts ☞ Pies, pastries
Fruits:	<ul style="list-style-type: none"> ☞ All 	<ul style="list-style-type: none"> ☞ None
Meats, Fish, Eggs, Cheese:	<ul style="list-style-type: none"> ☞ All meats, poultry and fish prepared without butter or bread ☞ Eggs ☞ All cheese except creamed and ☞ cheese spreads 	<ul style="list-style-type: none"> ☞ Breaded meat, poultry, fish, patties, croquettes and loaves with bread crumbs ☞ Canned meats, Dishes with cold cuts and frankfurters (unless guaranteed pure meat) ☞ Creamed sauces, gravies, cheese spreads, spreads with wheat flour
Potatoes/Pasta:	<ul style="list-style-type: none"> ☞ White and sweet potatoes ☞ Rice noodles and pasta 	<ul style="list-style-type: none"> ☞ Spaghetti, noodles, macaroni, dumplings
Vegetables:	<ul style="list-style-type: none"> ☞ As desired 	<ul style="list-style-type: none"> ☞ Any prepared with bread crumbs or cream sauces