

Gluten / Gliadin Containing Foods

Grains and Starches

<ul style="list-style-type: none"> • Wheat • Wheat germ • Rye • Barley • Bulgur • Couscous 	<ul style="list-style-type: none"> • Graham flour • Kamut Matzo • Semolina • Spelt • Triticale • Farina
--	---

Other foods containing Gluten / Gliadin

<ul style="list-style-type: none"> • malt/malt flavouring • soups • commercial bullion and broths • cold cuts • French fries (flour dusted before freezing) • processed cheese (e.g., Velveeta) • mayonnaise • ketchup • malt vinegar • soy sauce and teriyaki sauces • salad dressings • imitation crab meat, bacon, etc • egg substitute • tabbouleh • sausage • non-dairy creamer • fried vegetables/tempura • gravy • marinades • canned baked beans • cereals 	<ul style="list-style-type: none"> • commercially prepared chocolate milk • breaded foods • fruit fillings and puddings • hot dogs • 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 (unless certified GF) • oat bran (unless certified GF)
---	---

Gluten / Gliadin Free Foods Lists

The following items can be consumed liberally on your Gluten Free Diet (go organic and local with your whole- food choices wherever possible; flash frozen is fine, too):

Healthy fat: extra virgin olive oil, sesame oil, coconut oil, grass-fed tallow and organic or pasture-fed butter, ghee, almond milk, avocados, coconuts, olives, nuts and nut butters, cheese (except for blue cheeses), and seeds (flaxseed, sunflower seeds, pumpkin seeds, sesame seeds, chia seeds).

Protein: whole eggs; wild fish (salmon, black cod, mahi mahi, grouper, herring, trout, sardines); shellfish and molluscs (shrimp, crab, lobster, mussels, clams, oysters); grass-fed meat, fowl, poultry, and pork (beef, lamb, liver, bison, chicken, turkey, duck, ostrich, veal); wild game.

Vegetables: leafy greens and lettuces, collards, spinach, broccoli, kale, chard, cabbage, onions, mushrooms, cauliflower, Brussels sprouts, sauerkraut, artichoke, alfalfa sprouts, green beans, celery, bok choy, radishes, watercress, turnip, asparagus, garlic, leek, fennel, shallots, scallions, ginger, jicama, parsley, water chestnuts.

Low-sugar Fruit: avocado, bell peppers, cucumber, tomato, zucchini, squash, pumpkin, eggplant, lemons, limes.

Herbs, Seasonings, and Condiments: You can go wild here as long as you watch labels. Kiss ketchup and chutney goodbye but enjoy mustard, horseradish, tapenade, and salsa if they are free of gluten, wheat, soy, and sugar. There are virtually no restrictions on herbs and seasonings; be mindful of packaged products, however, that were made at plants that process wheat and soy.

The following can be used in moderation (“moderation” means eating small amounts of these ingredients once a day or, ideally, just a couple times weekly):

Non-gluten grains: amaranth, buckwheat, rice (brown, white, wild), millet, quinoa, sorghum, teff. (A note about oats: although oats do not naturally contain gluten, they are frequently contaminated with gluten because they are processed at mills that also handle wheat; avoid them unless they come with a guarantee that they are gluten-free.) When non-gluten grains are processed for human consumption (e.g., milling whole oats and preparing rice for packaging), their physical structure changes, and this increases the risk of an inflammatory reaction. For this reason, we limit these foods.

Legumes (beans, lentils, peas). Exception: you can have hummus (made from chickpeas). Carrots and parsnips.

Whole sweet fruit: berries are best; be extra cautious of sugary fruits such as apricots, mangos, melons, papaya, prunes, and pineapple.

Sweeteners: natural stevia and chocolate (choose dark chocolate that’s at least 70 percent or more cocoa).

Gluten Free Resources

There are literally **THOUSANDS** of websites offering wonderful resources for eating and living gluten free. A simple Google search using keywords such as

Gluten Free Dieting
Gluten Free Recipes
Gluten Free Breads
Gluten Free Breakfast
Gluten Free Granola
Gluten Free (Insert desire here)

... will offer you ample information on how to find simple, practical and tasty food alternatives to fit into your lifestyle.