

A Guide to Eating Gluten-Free

Cutting gluten out of your diet may seem difficult and restrictive. Fortunately, there are many healthy and delicious foods that are naturally gluten-free—including fruits, vegetables, meat and poultry, fish and seafood, dairy products, beans, legumes, and nuts.

GRAINS, FLOURS, AND STARCHES

Many grains and starches are naturally gluten-free, and products made with them (breads, pasta, crackers, etc.) can be incorporated into a gluten-free diet. However, some grains and starches contain gluten and must be avoided by individuals with certain health conditions. Use the following lists to help guide your eating and shopping choices.

GLUTEN-FREE

- Amaranth
- Arrowroot
- Bean flours (garbanzo, fava, Romano, etc.)
- Buckwheat, buckwheat groats (kasha)
- Cassava flour
- Chia seeds
- Corn (maize), cornmeal
- Flax, flax meal
- Hominy
- Manioc flour
- Mesquite flour
- Millet
- Montina flour
- Nut flours and meals (almond, coconut, hazelnut, etc.)
- Oats (gluten-free)*
- Pea flour
- Potato flour, potato starch
- Quinoa
- Rice (all), rice bran
- Sago
- Sorghum flour
- Soy flour
- Tapioca flour
- Teff
- Yucca

GLUTEN-CONTAINING

- Barley
- Bulgar (bulgur)
- Cereal binding
- Chapatti flour (atta)
- Couscous
- Kinkel
- Durum
- Einkorn
- Emmer
- Farina
- Farrow
- Fu
- Gluten, gluten flour
- Graham flour
- Kamut
- Malt (beverages, extract, flavoring, syrup, vinegar)
- Matzoh meal
- Oats (oat bran, oat syrup)*
- Orzo
- Rye
- Seitan (“wheat meat”)
- Semolina
- Spelt
- Textured vegetable protein
- Triticale
- Wheat, all varieties (bran, germ, starch)

**Gluten-free oats have a similar structure to gluten-containing grains and may be contaminated with them during processing. Because of these factors, gluten-free oats may cause negative symptoms in some patients. Those with celiac disease and gluten intolerance should use caution when consuming oats.*

GLUTEN-FREE SUBSTITUTES

Gluten-free alternatives to typical gluten-containing foods are now widely available in most grocery stores. But keep in mind that many products made with gluten-free alternatives include additives and fillers to mimic the texture of gluten-containing products. Rather than relying on gluten-free convenience foods, base your diet around naturally gluten-free foods like fruits, vegetables, and the foods listed above.

The following foods may contain **hidden sources of gluten**. Read labels carefully, and ask restaurant staff to confirm that foods have not been dusted with flour or cross-contaminated in deep fryers.

POSSIBLE HIDDEN SOURCES OF GLUTEN

- Brown rice syrup (made with barley enzymes)
- Candy, candy bars
- Cheesecake filling
- Eggs prepared in restaurants (may include pancake batter)
- Energy bars
- French fries
- Granola bars
- Marinades
- Meat substitutes (veggie burgers, sausage, imitation bacon/seafood)
- Multi-grain or “artisan” tortillas and chips
- Gluten-free pizza (shared kitchen surfaces)
- Potato chips
- Pre-seasoned meats
- Processed lunch meats
- Salad dressings
- Self-basting poultry
- Soup
- Soy sauce
- Starch or dextrin (in meat/poultry products)
- Tater tots

TIPS FOR BUYING AND STORING GLUTEN-FREE FOODS

- **Read labels.** “Wheat-free” is not the same as “gluten-free.” When in doubt, only purchase products with the certified gluten-free label.
- **Check ingredient lists** on processed or packaged foods, especially cream-based ones—wheat is often used as a thickener.
- **Mind your supplements and personal care products;** many contain gluten. Choose gluten-free brands.
- **Look in the refrigerated or frozen sections** for many gluten-free breads and pastas.
- **Try specialty or health food stores** if your regular grocery store lacks gluten-free products.
- **Avoid bulk bins** unless gluten-free grains are kept separate—cross-contamination risk is high.
- **Store gluten-free foods separately** if not everyone in your household eats gluten-free. Keep them on top shelves, and use separate toasters and pans if necessary.
- **Choose gluten-free beers** made from gluten-free grains. If unavailable, opt for cider, wine, or distilled spirits.

REFERENCES

1. Gluten Intolerance Group. Getting Started on a Gluten-Free Diet. Updated December 2020.
2. Celiac Disease Foundation. Sources of Gluten.