

Gluten-Free Diet



Allowed Foods		
<ul style="list-style-type: none"> • Amaranth • Arrowroot • Buckwheat • Cassava • Corn • Flax • Indian rice grass • Job's tears 	<ul style="list-style-type: none"> • Legumes • Millet • Nuts • Potatoes • Quinoa • Rice • Sago 	<ul style="list-style-type: none"> • Seeds • Soy • Sorghum • Tapioca • Wild Rice • Yucca
Foods to Avoid		
<ul style="list-style-type: none"> • Wheat ❖ Including einkorn, emmer, spelt, kamut ❖ Wheat starch, wheat bran, wheat 	<ul style="list-style-type: none"> • Barley • Rye • Triticale (a cross between wheat and rye) 	
Other Wheat Products		
<ul style="list-style-type: none"> • Bromated flour • Durum flour • Enriched flour • Farina 	<ul style="list-style-type: none"> • Graham flour • Phosphated flour • Plain flour 	<ul style="list-style-type: none"> • Self-rising flour • Semolina • White flour
Processed Foods that May Contain Wheat, Barley, or Rye		
<p>* Most of these foods can be found gluten-free. When in doubt, check with the food manufacturer.</p>		
<ul style="list-style-type: none"> • Bouillon cubes • Brown rice syrup • Chips/potato chips • Candy • Cold cuts: hot dogs, salami, sausage • Communion wafer 	<ul style="list-style-type: none"> • French fries • Gravy • Imitation fish • Matzo • Rice mixes • Sauces 	<ul style="list-style-type: none"> • Seasoned tortilla chips • Self-basting turkey • Soups • Soy sauce • Vegetables in sauce