

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