



## GLUTEN-FREE FOODS

Develop your meal plan with a focus on the following whole foods while avoiding foods and products that contain wheat, barley or rye:

### MEAT AND POULTRY

Chicken breast  
Turkey breast  
Pork tenderloin  
Beef tenderloin  
Lamb  
Bison/buffalo meat  
Wild game

### SEAFOOD

Salmon  
Rainbow trout  
Cod  
Mahi mahi  
Sea bass  
Tuna  
Shrimp  
Scallops  
Crab  
Lobster  
Oysters  
Mussels

### EGGS AND DAIRY

Eggs  
Cream  
Milk  
Cheese  
Milk alternatives  
Cottage cheese  
Yogurt, regular  
Yogurt, Greek

### PLANT-BASED PROTEINS

Tofu, firm or silken  
Tempeh  
Edamame  
Beans  
Lentils  
GF TVP  
Peas, green or chickpeas  
GF protein powders

### NUTS AND SEEDS

Almonds  
Walnuts  
Pistachios  
Peanuts  
Cashews  
Flaxseed  
Chia seed  
Hemp seed  
Seeds (e.g., pumpkin)  
Nut or seed butters

### OILS AND FATS

Olive oil, EVOO  
Grapeseed oil  
Sesame oil  
Avocado  
Coconut oil  
Olives  
Nut oils (e.g. walnut)  
Butter

### VEGETABLES

Broccoli  
Cauliflower  
Spinach  
Kale, collards, chard  
Brussels sprouts, cabbage  
Herbs  
Broccoli rabe, broccolini  
Bok choy  
Zucchini, summer squash  
Peppers  
Leeks, fennel, celery  
Onions, shallots, garlic  
Mushrooms  
Romaine, salad greens  
Mache, watercress  
Tomatoes  
Cucumber  
Asparagus  
Jicama  
Artichoke  
Green beans, sugar snap

### WHOLE GRAINS & PRODUCTS

Rice (all)  
Teff  
Quinoa, kaniwa  
Gluten-free oats  
Amaranth  
Millet  
Buckwheat  
Corn and 100% corn products

### FRUITS

Apples  
Pears  
Oranges  
Bananas  
Tangerines/clementines  
Plums, apricots, peaches  
Strawberries  
Blueberries  
Blackberries, raspberries  
Grapes  
Figs  
Cherries  
Pomegranates  
Pineapple  
Watermelon, cantaloupe, honeydew  
Papaya, mango  
Dried fruit

### STARCHY/ROOT VEGETABLES

Sweet potatoes  
Red potatoes  
Idaho or russet potatoes  
Turnips  
Beets  
Rutabaga  
Winter squash -- acorn, butternut  
Celery root  
Green peas  
Parsnips  
Carrots

## ITEMS TO AVOID OR CAUTION

- **Seasonings to avoid:** malted, breaded, natural flavors, soy sauce, any of the above or below
- **Other flours and items to avoid:** bulgur, durum flour, farina, farro, graham flour, kamut, semolina, spelt, seitan
- **Beer:** made with malted barley or wheat
- **Breads:** typically made with wheat flour or cross-contaminated
- **Cakes:** typically made with wheat-based flours
- **Cereals:** typically made with wheat-based flours and other grains
- **Candies:** may contain wafers or wheat derivatives
- **Pies:** pie crusts are traditionally made with wheat-based flours
- **Cookies:** wheat-based flours are most likely incorporated
- **Crackers:** wheat-based flours or cross-contaminated
- **Croutons:** most croutons are made with breads made of wheat flour
- **Gravies:** in order to thicken gravy, it is traditionally made with a roux (equal parts of flour to butter)
- **Imitation meats/fish:** imitation crab meat is made with white fish and a binder called transglutaminase
- **Matzah:** unleavened bread made from any five grains: wheat, barley, spelt, rye and oats
- **Pasta:** traditionally made with wheat-based flours or other gluten-containing grains
- **Lunch meats:** may contain seasonings that contain gluten or were combined with breadcrumbs as a filler
- **Salad dressings:** may contain gluten to act as a thickener; others may be made with soy sauce or other flavors derived from wheat
- **(Soy) sauces:** soy sauce is typically made with fermented soybeans and wheat, while other sauces may be thickened with flour
- **Seasoned rice mixes:** may contain wheat or barley flour
- **Seasoned chips:** may contain wheat or barley flour or may be processed in same plant as wheat-based items
- **Self-basting poultry:** may contain flavor enhancers or other “natural solutions”
- **Soups:** may be thickened with flour or other wheat-based items
- **Vegetables cooked in sauces:** may be flavored with soy sauce or other items that restaurants may use to season vegetables