



Food and Gluten

Important Note: When buying any packaged food, make sure you read all ingredients on the label. Grains that contain gluten, include wheat, barley, rye, bulghur, triticale, durum, and couscous.

🔗 For further information: [Hidden Sources of Gluten](#)

Food Group	Does Not Contain Gluten ☑	May Contain Gluten ❓	Contains Gluten ☒
Milk & Milk Products	Whole, low fat, skim, dry, evaporated, or condensed milk, buttermilk, cream, whipping cream, aged cheeses, such as Cheddar, Swiss, Edam, and Parmesan	Sour cream, chocolate milk and drinks, non-dairy creamers, some yogurt, some cheeses such as flavored cheeses American, cottage cheese and Blue cheese, and cheese spreads/dips, ice cream	Malted drinks
Meat & Meat Substitutes	100% meat (no grain additives), seafood, poultry (breaded with pure cornmeal, potato flour, or rice flour), peanut butter, eggs, dried beans or peas, pork	Meat patties, canned meat, sausages, cold cuts, bologna, hot dogs, stew, hamburger, chili, commercial omelets, soufflés, fondue, soy protein meat substitutes	Croquettes, fish, chicken loaves made with bread or bread crumbs, breaded or floured meats, meatloaf, meatballs, pizza, ravioli, any meat or meat substitute, rye, barley, oats, gluten stabilizers
Breads & Grains	Cream of rice, cornmeal, hominy, rice, wild rice, gluten-free noodles, rice wafers, pure corn tortillas, specially prepared breads made with corn, rice, potato, soybean, tapioca arrowroot, carob, buckwheat, millet, amaranth and quinoa flour, teff	Packaged rice mixes, cornbread, ready-to-eat cereals containing malt flavoring	Breads, buns, rolls, biscuits, muffins, crackers, and cereals containing wheat, wheat germ, oats, barley, rye, bran, graham flour, malt, kasha, bulgur, Melba toast, matzo, bread crumbs, pastry, pizza dough, regular noodles, spaghetti, macaroni, and other pasta, rusks, dumplings, zwieback, pretzels, prepared mixes for waffles and pancakes, bread stuffing or filling

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Food Group	Does Not Contain Gluten (✓)	May Contain Gluten (?)	Contains Gluten (✗)
Fats & Oils	Olive oil, butter, margarine, vegetable oil, shortening, lard	Salad dressings, non-dairy creamers, mayonnaise	Gravy and cream sauces thickened with flour
Fruits	Plain, fresh, frozen, canned, or dried fruit, all fruit juices	Pie fillings, thickened or prepared fruit, fruit fillings	None
Vegetables	Fresh, frozen, or canned vegetables	Vegetables with sauces, commercially prepared vegetables and salads, canned baked beans, pickles, marinated vegetables, commercially seasoned vegetables	Creamed or breaded vegetables, those prepared with wheat, rye, oats, barley, or gluten stabilizers
Snacks & Desserts	Brown and white sugar, rennet, gelatin, jelly, jam, honey, molasses, pure cocoa, fruit ice, popcorn, carob	Custards, puddings, ice cream, ices, sherbet, pie fillings, candies, chocolate, chewing gum, cocoa, potato chips	Cakes, cookies, doughnuts, pastries, dumplings, ice cream cones, pies, prepared cake and cookie mixes, pretzels, bread pudding
Beverages	Tea, carbonated beverages (except root beer), fruit juices, mineral and carbonated waters, wines, instant or ground coffee	Cocoa mixes, root beer, chocolate drinks, nutritional supplements, beverage mixes	Postum™, Ovaltine™, malt-containing drinks, beer, ale, gin, whiskey, rye
Soups	Those made with allowed ingredients	Commercially prepared soups, broths, soup mixes, bouillon cubes	Soups thickened with wheat flour or gluten-containing grains, soup containing barley, pasta, or noodles
Thickening Agents	Gelatin, arrowroot starch, corn flour, germ, or bran, potato flour, potato starch flour, rice bran and flour, rice polish, soy flour, tapioca, sago		Wheat starch, all flours containing wheat, oats, rye, malt, barley, or graham flour, all-purpose flour, white flour, wheat flour, bran, cracker meal, Durham flour, wheat germ
Condiments	Gluten-free soy sauce, distilled white vinegar, olives, pickles, relish, ketchup	Flavoring syrups (for pancakes or ice cream), mayonnaise, horseradish, salad dressings, tomato sauces, meat sauce, mustard, taco sauce, soy sauce, chip dips	

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