Gluten Free Shopping List

FRUITS
- ALL fresh fruits
- ALL frozen whole fruits with no additives

VEGETABLES AND LEGUMES
- ALL fresh vegetables
- ALL frozen vegetables with no additives, breading, or sauces
- *Beans, canned
- Beans, lentils, and peas, dried
- Olives
- Potatoes (all varieties)
- *Pumpkin, canned, 100% puree

SEAFOOD
- ALL fresh fish and shellfish
- ALL frozen fish and shellfish with no additives or sauces

LEAN PROTEINS
- ALL fresh meats and poultry with no breading or additives
- ALL frozen meats and poultry with no breading or additives
- Eggs
- Tofu

NUTS AND SEEDS (Preferably Unsalted)
- ALL natural nut butters
- ALL nuts
- ALL seeds (except rye and barley)

GRAINS, CEREALS, PASTA, AND MORE
- Amaranth
- Arrowroot starch
- Buckwheat
- *Cereals, dry: puffed and flake varieties made with amaranth, buckwheat, corn, millet, rice, or soy
- *Cereals, hot: cream and flake varieties made with amaranth, cornmeal, buckwheat, hominy grits, rice, quinoa, or soy
- Corn bran
- Corn chips, plain
- Corn flour/corn meal products
- Crackers, gluten-free (such as brown rice, corn, and lentil)
- Flour: amaranth, buckwheat, carob, chickpea, lentil, millet, potato, quinoa, rice, sago, sorghum, soy, tapioca, teff
- Grits (corn or soy)
- Kasha (not the same as Kashi)
- Masa
- Millet
- Pasta made from beans, brown rice, corn, peas, potato, quinoa, lentils, or soy
- Polenta
- *Popcorn, air-popped and gluten-free packaged varieties
- Potato chips, plain or *flavored
- Quinoa
- Ragi
- Rice (preferably brown or wild)
- Rice cakes, plain
- *Soba, 100% buckwheat
- Sorghum
- *Soy crisps
- *Tacos shells made with corn, hard and soft
- Tapioca starch/flour
- Teff
- *Tortillas made with corn, soy, or brown rice
- Tortilla chips, plain or *flavored

DAIRY
- *Cheese (preferably reduced-fat), not blue cheese
- *Cottage cheese (preferable fat-free or 1% low-fat)
- *Cream cheese (preferably reduced-fat)
- *Ice cream (check labels; ingredients will vary from flavor to flavor)
- Milk (preferably fat free or 1% low-fat)
- *Milk alternatives (soy, almond, rice)
- *Sour cream (preferably fat-free or reduced-fat)
- *Yogurt (preferably fat-free or low-fat)

MISCELLANEOUS
- ALL pure herbs (check ingredients of *herb mixes)
- ALL pure spices (check ingredients of *spice mixes)
- Apple cider vinegar
- Baking chocolate
- Baking powder
- Baking soda
- Canola oil
- Cocoa powder
- Coffee, instant and ground (check ingredients of *flavored coffees)
- Corn syrup
- Cornstarch
MISCELLANEOUS (Continued)

- Cream of tartar
- Garlic
- Gelatin
- Honey
- *Hummus (check labels; ingredients will vary from flavor to flavor)
- Jam and jelly
- *Ketchup
- Maple syrup
- *Mayonnaise (preferably reduced-fat)
- Molasses
- *Mustard
- Olive oil
- Pickles
- Relish
- *Salsa
- *Soft tub, trans fat-free spread (regular and reduced-fat)
- Sugar
- Tea, black and green (check *flavored and herbal tea varieties)
- Vanilla and other extracts
- Vinegar, balsamic, red wine, or white
- Wine, red and white

SAFE (GLUTEN-FREE) ADDITIVES

- Acacia gum
- Adipic acid
- Agar
- Algae
- Algin/alginate
- Allicin
- Annatto
- Arabic gum
- Arrowroot
- Ascorbic acid
- Aspartame
- Aspic
- Astragalus gummifer
- Benzoic acid
- BHA
- BTA
- Dextrose
- Ester gum
- Fructose
- Guar gum
- Locust bean gum
- Malic acid
- Methylcellulose
- Microcrystallin cellulose
- Pectin
- Pepsin
- Stearic acid
- Sulfites
- Tapioca starch/flour (not pudding)
- Whey
- Xanthan gum
* check labels carefully for gluten