



NEPHCURE

Kidney International

Saving Kidneys • Saving Lives

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% pure 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

