

Gluten-Free Diet

Type of Food	Foods 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, coffee substitutes • 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, corn, pure buckwheat, 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, barley (flours, bread, rolls) • Pancakes, breads, muffins, biscuits, waffles from commercial mixes, unless stated "gluten free" • Crackers, pretzels, bread crumbs, breaded foods
Cereals	<ul style="list-style-type: none"> • Amaranth, 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"> • Cereal made with wheat, rye, barley, and wheat germ
Desserts	<ul style="list-style-type: none"> • Custard • Ices, 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 • Cakes • 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"> • Meat, poultry, and fish prepared without breading • Eggs • All cheese except cream 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 and bean thread 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