

## GLUTEN-FREE DIET

Type of Food	Food Allowed	Foods to Avoid
<b>Beverages:</b>	<ul style="list-style-type: none"> <li>♣ Milk</li> <li>♣ Carbonated beverages</li> <li>♣ Coffee, tea</li> <li>♣ Cocoa with no wheat flour</li> </ul>	<ul style="list-style-type: none"> <li>♣ Postum</li> <li>♣ Malted milk (e.g., Ovaltine)</li> <li>♣ Ale, beer</li> <li>♣ Instant coffee if wheat flour added</li> </ul>
<b>Breads:</b>	<ul style="list-style-type: none"> <li>♣ Breads made from rice, oat*, soybean, pure buckwheat, or potato flours</li> <li>♣ Arrowhead Mills gluten free pancake mix</li> <li>♣ Rice crackers and cakes</li> </ul> <p>* there is controversy on oat's gluten-free status</p>	<ul style="list-style-type: none"> <li>♣ Wheat, rye, kamut, spelt, and barley (flours, bread, rolls)</li> <li>♣ Pancakes, breads, muffins, biscuits, and waffles from commercial mixes, unless stated "Gluten-free"</li> <li>♣ All crackers, pretzels, bread crumbs, breaded foods</li> </ul>
<b>Cereals:</b>	<ul style="list-style-type: none"> <li>♣ Armaranth, millet, or corn cereal</li> <li>♣ Rice/Cream of Rice, oatmeal</li> <li>♣ Puffed corn or rice. Perky's Nutty Rice</li> <li>♣ Quinoa flakes</li> </ul>	<ul style="list-style-type: none"> <li>♣ Omit all made with wheat, rye, barley, and wheat germ</li> </ul>
<b>Desserts:</b>	<ul style="list-style-type: none"> <li>♣ Custard</li> <li>♣ Ices or sherbets</li> <li>♣ Rice pudding</li> <li>♣ Tapioca pudding</li> <li>♣ Gelatin</li> <li>♣ Fruit whips</li> <li>♣ Meringues</li> <li>♣ Rennet desserts</li> <li>♣ Cookies made with allowed flours</li> </ul>	<ul style="list-style-type: none"> <li>♣ Commercial ice creams</li> <li>♣ Ice cream cones</li> <li>♣ Prepared puddings</li> <li>♣ Mixes</li> <li>♣ Homemade puddings thickened with flour</li> <li>♣ Cake</li> <li>♣ Cookies, doughnuts</li> <li>♣ Pies, pastries</li> </ul>
<b>Fruits:</b>	<ul style="list-style-type: none"> <li>♣ All</li> </ul>	<ul style="list-style-type: none"> <li>♣ None</li> </ul>
<b>Meats, Fish, Eggs, Cheese:</b>	<ul style="list-style-type: none"> <li>♣ All meats, poultry and fish prepared without butter or bread</li> <li>♣ Eggs</li> <li>♣ All cheese except creamed and</li> <li>♣ cheese spreads</li> </ul>	<ul style="list-style-type: none"> <li>♣ Breaded meat, poultry, fish, patties, croquettes and loaves with bread crumbs</li> <li>♣ Canned meats, Dishes with cold cuts and frankfurters (unless guaranteed pure meat)</li> <li>♣ Creamed sauces, gravies, cheese spreads, spreads with wheat flour</li> </ul>
<b>Potatoes/Pasta:</b>	<ul style="list-style-type: none"> <li>♣ White and sweet potatoes</li> <li>♣ Rice noodles and pasta</li> </ul>	<ul style="list-style-type: none"> <li>♣ Spaghetti, noodles, macaroni, dumplings</li> </ul>
<b>Vegetables:</b>	<ul style="list-style-type: none"> <li>♣ As desired</li> </ul>	<ul style="list-style-type: none"> <li>♣ Any prepared with bread crumbs or cream sauces</li> </ul>