

# Gluten Free Food List

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**FRUITS AND VEGETABLES:** All fresh fruits and vegetables are naturally gluten free. Woo hoo! Watch out for canned, pre-prepped, frozen, dried or otherwise processed produce.

**MEATS, POULTRY, AND SEAFOOD:** All fresh meat, poultry, and seafood are naturally gluten free. Watch out for meat packaged in marinades and ground meat. Sometimes a filler is added to ground meat and it can contain gluten. Deli meat needs to be checked. Here are some common brands of deli meat that are gluten free but always double-check. Applegate Farms, Boar's Head, Buddig Original, Dietz & Watson, Jennie-O, Land O Frost, Thumann's

**DAIRY PRODUCTS :** butter and ghee, all cheese except blue cheese, watch out for shredded cheese and any processed cheese, full fat cream cheese, cottage cheese (but check ingredients to be sure) sour cream, milk, half and half, whipping cream, plain yogurt (always check labels on flavored yogurt) ice cream – many ice creams are gluten free but always check label carefully

**GRAINS:** Quinoa (my personal favorite), Amaranth, Buckwheat (yes really) Millet, Arrowroot, Teff, Sorghum, Gluten Free Oats (must be labeled gluten free) Brown and White Rice, Cornmeal, Grits and Polenta

**OILS :** Olive oil, Avocado oil, Coconut oil, Sesame oil

**CONDIMENTS :** Jams /Jellies, Salsa, Syrup, Honey, Ketchup (Annie's, Heinz, French's and Hunts) Mustard (Annie's, Boar's Head, French's, Grey Poupon and Gulden's) Mayo (Hellman's, Duke's and Heinz) Tamari (instead of soy sauce which contains gluten) Coconut Aminos, Herbs and spices (check labels to be sure especially if it's a spice blend) Horseradish, Barbecue Sauce (Bone Sucking Sauce, Organicville, Stubb's and Sweet Baby Rae's) Olives, Ground flax, Chia seeds, Baking powder, Baking Soda, Cream of Tartar