

# *The Ultimate Gluten Free Food List!*

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1. **Fruits & Vegetables:** All fresh fruits and vegetables are naturally gluten free. Watch out for canned, pre-prepped, frozen, dried, or otherwise processed produce because they may have sauces or thickeners added.
2. **Meat:** All fresh meat, poultry, fish and seafood are naturally gluten free. Watch out for meat packaged in marinades and ground meat. Sometimes a filler is added to meat and it can contain gluten. Be sure to check ground meat, pre-marinated meat, processed meat like deli meat and hot dogs and meat substitutes.
3. **Dairy Products:** Butter, ghee, full fat unflavored cream cheese, unflavored cottage cheese, sour cream, milk, half and half, whipping cream unflavored, plain yogurt (check label), eggs and most cheeses except blue cheese and shredded cheese.
4. **Whole Grains:** Quinoa, amaranth, buckwheat, millet, arrowroot, teff, sorghum, gluten free oats, brown rice, white rice, basmati rice, jasmine rice, coconut flour and almond flour.
5. **Oils:** Olive oil, avocado oil, coconut oil, sesame oil, macadamia oil and grass-fed butter and regular butter.
6. **Condiments:** Pure maple syrup, honey, ketchup (Annie's, Heinze, French's and Hunts), mustard (Annie's, Boars Head, French's, Grey Poupon and Gulden's), Mayonnaise (Hellman's, Duke's and Heinz), tamari, coconut aminos, herbs and spices (not blends), horseradish, apple cider vinegar, olives, ground flax, chia seeds, baking powder, baking soda, cream of tartar, and some barbecue sauces (Bone Sucking Sauce, Organicville, Stubb's and Sweet Baby Ray's).
7. **Nuts:** All nuts and seeds are gluten free if they are plain and unflavored.
8. **Beans:** All beans are gluten free if they are plain and unflavored. Be careful with frozen and canned beans.
9. **Beverages:** Coffee, water, tea, 100% fruit juice, soda (check labels always)