

Gluten-Free Foods

- Fresh, non-processed meat, poultry and seafood are gluten-free.
- Fresh, non-processed vegetables and fruit are gluten-free.
- Beans, legumes, rice, and sweeteners like honey and sugar are gluten-free.
- Fresh, non-processed dairy and oils are gluten-free.

In general, you will notice that all of the above foods do not need ingredient labels, or have ingredients lists with only one item.

*Grains and baked goods often contain gluten. So do many dairy products.

There are a lot of different products that can be used when you create gluten-free baked goods, however. Here are some of them:

- Amaranth
- Arrowroot flour
- Baking soda
- Bean flour
- Brown rice/brown rice flour
- Buckwheat
- Cassava (Manioc flour)
- Chick pea flour
- Corn flour
- Cornmeal
- Cornstarch (Masa harina)
- Cream of tartar
- Dal or Dahl (soup from India)
- Flax
- Gelatin
- Green pea flour
- Gums:
 - Acacia (Gum Arabic)
 - Carob bean gum
 - Carrageenan
 - Cellulose
 - Guaica
 - Guar
 - Karaya
- Locust bean
- Tragacanth
- Xanthum
- Invert Sugar
- Kudzu
- Lecithin
- Legumes: seeds of plants which include:
 - Channa
 - Chick peas
 - Gram
 - Lentils
 - Peanuts
 - Peas
 - Soya
- Malto dextrin
- Maltol (a sweetener not related to malt)
- Maltose
- Mannitol
- Millet
- Molasses
- Mustard flour (ground mustard)
- Oats* (pure & uncontaminated)
- Quinoa flour
- Poi (Polynesian staple food)
- Potato flour
- Potato starch
- Quinoa/quinoa flour
- Rice bran
- Rice flour
- Rice flour (glutinous, sweet)
- Rice polishing
- Rice starch
- Sorghum
- Soya flour
- Soya starch
- Spices
- Sweet potato
- Tapioca flour
- Tapioca starch
- Teff
- Tofu
- White vinegar
- Xanthum gum
- Yam
- Yeast