

Paloma

Cheat Sheet: Eating Gluten-Free

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What is gluten?

Gluten is a protein found in wheat, barley, and rye. Wheat, in particular, has been processed in many different ways to produce dozens of food products. Therefore, there are many names for wheat-containing foods.

There are also different crops of wheat that go by different names like spelt and kamut, for example. This is the reason identifying gluten free foods can be confusing! Below you will find a “cheat sheet” to help you quickly identify which foods contain gluten.



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Gluten-Free Foods

Buckwheat
Sorghum
Millet
Quinoa
Amaranth
Rice
Corn (Cornmeal, polenta, masa)
Tapioca
Spices (be cautious with seasoning blends)
Yeast
Potato
Vegetables
Fruits

Oils
Beans, Peas, Legumes
Soy (except soy sauce)
Tamari
Vinegar (except malt vinegars, check label)
Nuts (includes nut “flours”)
Coconut
Flax
Seeds
Butter
Unprocessed cheese
Milk
Eggs
Meats, fish



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Contains Gluten

Sprouted gluten containing grains still contain gluten
Barley
Bran
Graham
Oats (unless states gluten free on the package)
Pasta, semolina
Cous cous, orzo
Durum
Bulgar
Kamut
Spelt
Wheat
Farina
Farro
Rye
Triticale
Cake flour
Breadcrumbs
Matzah
Tabbouleh
Malt
Vegetable starch (check allergen warning label to see if the product contains wheat)
Hydrolyzed wheat protein
Flour tortillas
Beer
Soy and teriyaki sauce
Ramen
Udon (noodles)
Boullion cubes (check ingredients label)
Breaded and most fried foods
Soy and teriyaki sauce

