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**Examples of Gluten Free Foods**

**Fruit**

|  |  |  |
| --- | --- | --- |
| * Acai
* Apples
* Apricot
* Bananas
* Blackberries
* Blueberries
* Cantaloupe
* Carob
* Cherry
* Cranberries
* Currants
* Dates
* Figs
 | * Grapes
* Guava
* Honeydew Melon
* Kiwi
* Kumquat
* Lemons
* Limes
* Mandarin
* Mangoes
* Oranges
* Papaya
* Passion Fruit
* Peaches
 | * Pears
* Pineapples
* Plantains
* Plums
* Persimmons
* Quince
* Raspberries
* Strawberries
* Tamarind
* Tangerines
* Watermelons
 |

**Vegetables**

|  |  |  |
| --- | --- | --- |
| * Acorn
* Agar
* Alfalfa
* Algae
* Arrowroot
* Artichoke
* Arugula
* Asparagus
* Avocado
* Beans
* Broccoli
* Brussel Sprouts
* Cauliflower
 | * Cabbage
* Carrots
* Celery
* Corn
* Cucumber
* Eggplant
* Garlic
* Green Beans
* Kale
* Lettuce
* Mushrooms
* Okra
 | * Onions
* Parsley
* Peas
* Peppers
* Potatoes (white and sweet)
* Pumpkins
* Radish
* Spinach
* Squash
* Turnips
* Watercress
 |

**Meats**

|  |  |  |
| --- | --- | --- |
| * Alligator
* Beef
* Buffalo
* Chicken
* Duck
 | * Goat
* Goose
* Lamb
* Pork
* Rabbit
 | * Snake
* Turkey
* Quail
* Veal
* Venison
 |

**Eggs and Diary Products**

|  |  |  |
| --- | --- | --- |
| * Butter (be sure it has no additives)
* Casein
* Cheese
 | * Cream
* Eggs
* Milk
 | * Sour Cream
* Yogurt- plain and not flavored
* Whey
 |

**Flour, Grains, and Wheat**

\*Be sure to double check packaging!

|  |  |  |
| --- | --- | --- |
| * Almond Flour
* Amaranth
* Arrowroot
* Bean flour
* Besan
* Brown rice
* Brown rice flour
* Buckwheat
* Cassava
* Corn flour
 | * Corn meal
* Corn starch
* Cottonseed
* Dal
* Flaxseed
* Millet
* Pea Flour
* Polenta
* Popcorn – without coating
 | * Potato flour
* Quinoa
* Rice
* Sago
* Soy Flour
* Tapioca Flour
* Taro Flour
* Tef
* Yeast
* Yucca
 |

**Other gluten free foods**

|  |  |  |
| --- | --- | --- |
| * Alcohol (most but not beer unless its gluten free)
* Baking Soda
* Herbs
* Honey
* Jam
 | * Jelly
* Juice
* Nuts
* Oils
* Seeds
* Spices (most)
* Syrup
 | * Vanilla
* Vinegar
* Vitamins
* Wine
* Xanthan Gum
 |

Information taken from: http://www.the-gluten-free-diet.com/gluten-free-foods.html