

417 Highland Avenue Unit 2

Waterbury, CT 06708

Phone: (203) 757-9336

Fax: (203) 303-7731

**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**

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| --- | --- | --- |
| * 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