

# UNC REX Digestive Healthcare

## GLUTEN-FREE FOOD GUIDE FOR CELIAC PATIENTS

FOOD GROUP	ALLOWED	NOT ALLOWED
Beverages	Coffee, tea, carbonated drinks, wine made in the U.S., rum, some root beer	Ovaltine, malted milk, ale, beer, gin, whiskey, flavored coffee, herbal tea with malted barley
Milk	Fresh, dry, evaporated, or condensed milk, cream, sour cream; whipping cream; yogurt	Malted milk, some commercial chocolate milk, some non-dairy creamers
Meat, fish, poultry	Fresh meats, fish, other seafood, and poultry; fish in canned oil, brine, or water; some hot dogs and lunch meat	Prepared meat containing wheat, rye, oats, or barley; tuna canned in vegetable broth
Cheese	All aged cheese, such as cheddar, swiss edam, parmesan; cottage cheese; cream cheese; pasteurized processed cheese; cheese spreads	Any cheese product containing oat gum, some veined cheeses (bleu, stilton, Roquefort, gorgonzola)
Potato or other starch	White and sweet potatoes, yams, hominy, rice, wild rice, gluten-free noodles, some oriental rice and bean thread noodles	Regular noodles, spaghetti, macaroni, most package rice mixes, seminola, spinach noodles, frozen potato products with wheat flour added
Cereals	Hot cereals made from cornmeal, cream of rice, hominy, rice; puffed rice, Kellogg's corn pops, cereal made without malt	All cereals containing wheat, rye, oat, or barley; bran; graham; wheat germ; durum; kaska; bulgar; buckwheat; millet; triticale; amaranth; spelt; teff; quinoa; kamut
Vegetables	All plain, fresh, frozen or canned vegetable; dried peas and beans; lentils; some commercially prepared vegetables	Creamed vegetables, vegetables canned in sauce, some canned baked beans, commercially prepared vegetables and salads

FOOD GROUP	ALLOWED	NOT ALLOWED
Fruits	All fresh, frozen, canned, or dried fruits; all fruit juices; some canned pie fillings	Thickened or prepared fruits; some pie fillings; raisins and dried dates that have been dusted with flour
Fats	Butter, margarine, vegetable oil, nuts, peanut butter, hydrogenated vegetable oils, some salad dressings, mayonnaise, non stick cooking spray	Some commercial salad dressings, wheat germ oil, non-dairy cream substitutes, most commercial gravies and sauces
Soups	Homemade broth and soups made with allowed ingredients, some commercially canned soups, specialty dry soup mixes	Most canned soups and soup mixes, bouillon and bouillon cubes with hydrolyzed vegetable protein
Desserts	Cakes, quick breads, pastries, and puddings made with allowed ingredients; cornstarch, tapioca, and rice puddings; some pudding mixes; custard; ice cream with few, simple ingredients; sorbet; frozen yogurt, meringues; mousse; sherbets	Commercial cakes, cookies; pies made with wheat, rye, oats, or barley; millet, amaranth, buckwheat, spelt, teff, quinoa, kamut; prepared mixes; puddings; ice cream cones; jell-o instant pudding; cream fillings; products made with brown rice syrup
Sweets	Jelly, jam, honey, brown and white sugar, molasses, most syrups, some candy, chocolate, pure cocoa, coconuts, marshmallows	Commercial candies dusted with wheat flour; butterscotch chips; flavored syrups; sweets containing malt/malt flavorings; some brown rice syrup; some corn syrup
Miscellaneous	Salt, pepper, herbs, herb extract, food coloring, cloves, allspice, ginger, nutmeg cinnamon, chili powder, tomato puttee and paste, olives, active dry yeast, bicarbonate of soda, baking powder, cream of tartar, dry mustard, some condiments, apple cider, rice or wine vinegar	Curry powder, dry seasonings mixes, gravy extracts, meat sauces, catsup, mustard, horseradish, chip dips, most soy sauce, some distilled white vinegar, instant dry baking yeast, some cinnamon, condiments made with wheat-derived distilled vinegars, communion wafers/bread, some alcohol based flavoring extracts

(SOURCE: FOOD AND NUTRITION SERVICES, THE UNIVERSITY OF IOWA HOSPITALS AND CLINICS. (1996) GLUTEN RESTRICTED, GLIADIN FREE DIET. IOWA CITY, IOWA: THE UNIVERSITY OF IOWA HOSPITALS AND CLINICS.)