



THE GLUTEN-FREE START-UP SHOPPING GUIDE

Excerpted from “The Guide to a Gluten-Free Diet” book

Always Read Labels

Do **not** purchase foods that contain barley, malt, malt flavoring or malt vinegar, rye, triticale, or wheat **in any form** (durum, graham, kamut, semolina, or spelt). Also, **avoid** foods that *may* contain gluten. These include breading mixes, cereals, gravy mixes, ice cream, imitation foods, licorice, marinades, pastas, processed meats, sauces, soy sauce/anything made with soy sauce, soups, stuffing, and thickeners.

Wheat-Free Does Not Mean Gluten-Free

Just because a product is wheat-free does **not** mean it is gluten-free—it may include gluten-containing ingredients such as rye or barley. Only purchase items that clearly state that they are gluten-free.

Be Wary of Cross-Contamination

Keep all gluten-free foods separate from those that are not. Watch out for how gluten-free foods are prepared, whether you’re preparing food yourself or you’re purchasing food made somewhere else. Cross-contamination is common.

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Foods You Can Eat

All **plain** meats, poultry, fish, and eggs, corn and rice **in all forms**, legumes, nuts and seeds, all **plain** fruits and veggies, dairy products, oils, vinegars (except for malt), and usually anything that says it is gluten-free.

Acceptable Grain Substitutes

Rice, potato, coconut, corn, tapioca, nut flours, seeds, beans, garfava, millet, sorghum, quinoa, buckwheat, arrowroot, teff, amaranth, and Montina.

Distilled Alcohols and Wine Can Be Consumed

Gin, whiskey, and vodka do not contain gluten after the distillation process. Wines are also gluten-free, but the vast majority of beers, ales, and lagers are not, although there are a handful of beers on the market that are gluten-free.

When In Doubt, Bring It Yourself

If you're attending a dinner or event and you don't know if there will be any gluten-free options provided, make sure to bring a dish to pass or a few snacks with you.

For more information about eating Gluten-Free please see:

***The Guide to a Gluten-Free Diet*, by David Brownstein, MD and Sheryl Shenefelt, CN**

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