

# Gluten Free Diet

Group	Foods Allowed	Foods Excluded
<b>Beverages</b>	Ground and decaffeinated coffee, tea, milk, hot chocolate, carbonated drinks, cocoa, fruit juice, vegetable juice, unfortified wine or rum.	Instant coffee with wheat, cereal drinks (Ovaltine and Postum), malted milk, root beer, ale, beer, gin, vodka or whiskey.
<b>Breads</b>	Bread and other items made with corn, potato, rice, soybean or gluten-free wheat flour.	Bread, bread crumbs, crackers, pretzels, rolls, mixes and other items made with wheat rye, oat, buckwheat or barley flour.
<b>Cereal</b>	Packaged and cooked cereal made with corn or rice without malt flavoring or extract.	Cereal with wheat, rye, oats, buckwheat or barley, wheat germ.
<b>Desserts, Sweets</b>	Baked goods made with gluten-free flour, homemade ice cream and sherbet, fruit ice, popsicles, custard, gelatin, meringues, pudding made with cornstarch, rice or tapioca, sugar, honey, syrup and molasses, jam and jelly, marshmallows, chocolate, cocoa, coconut or candy made with allowed foods.	Cakes, cookies, crackers, doughnuts, pies, puddings and candy made with wheat, rye, oats, buckwheat or barley, commercial desserts, mixes, ice cream and sherbet, ice cream cones and some pie fillings.
<b>Fats</b>	Butter, margarine, cream, vegetable oil and shortening, pure mayonnaise, salad dressing thickened with cornstarch.	Salad dressing thickened with wheat, rye, oat, buckwheat or barley products.
<b>Fruit</b>	All fresh, canned, frozen or dried fruit.	Thickened or prepared fruit.
<b>Protein</b>	Meat, fish, poultry and lunch meats prepared without subject grains, cheese, eggs, nuts and peanut butter.	Breaded meats, fish and poultry, lunch and canned meats with cereal additives.
<b>Soup</b>	Broth, clear soup, homemade soup made with allowed foods, cream soup thickened with cornstarch or potato starch.	Commercial soup with wheat, rye, oats, buckwheat or barley.
<b>Starch</b>	Potatoes, corn, low-protein pasta or rice.	Pasta, commercial stuffing mixes.
<b>Vegetables</b>	All fresh, frozen and canned vegetables.	Vegetables prepared with cream or cheese sauces thickened with flour.