

BREADS & CEREALS

- Gluten Free Bread**
 - Rudi's; Udi's
- 100% White or Yellow Corn Tortillas**
 - Mission
- Certified Gluten Free Oats**
 - Glutenfreeda; Bob's Red Mill
- Gluten Free Cereal**
 - Puffins Honey Rice
 - Chex (all but Wheat & Multi-Bran)
 - Gluten Free Rice Crispies
 - Fruity Pebbles
- Gluten Free Pasta**
 - Experiment with pasta made from rice, quinoa, buckwheat, and corn.
 - Schar
- Rice**
- Quinoa**
- Buckwheat**

PROTEIN

- Beans**
- Peanut Butter**
 - or almond, cashew, sunflower seed butter
- Canned Tuna**
- Eggs**
- Beef, Chicken, or Pork**
- Sausage**
 - check the ingredients to see if the fillers contain gluten
- Fish/Seafood**
 - no imitation seafood or crab/salmon cakes
- Lunch Meat**
 - most are labeled gluten-free on the package such as Boar's Head or Hormel- or ask the deli worker

ALL FRUITS & VEGETABLES

DAIRY

- Milk**
- Cheese**
 - Watch out for flour in shredded cheese. It's used to prevent caking
- Yogurt**
 - Just add honey! Plain, non-diet yogurts are best. Avoid modified food starch

SNACKS

- 100% Corn Tortillas**
- Guacamole**
- Salsa**
- Lara Bars**

DESSERTS

- Dark Chocolate**
- Ice Cream**
 - usually chocolate, vanilla, strawberry, mint choc chip, and some PB cup flavors are safe – Breyer's brand is best!
- Gluten Free Cookies**
 - The best option is to buy mixes and make them fresh.
 - Betty Crocker; Cherrybrook Kitchen

CONDIMENTS

- Ketchup**
- Mayonnaise**
- Olive Oil**
- Butter**
- Salad Dressing**
 - Labeled Gluten Free; Wishbone; Ken's

