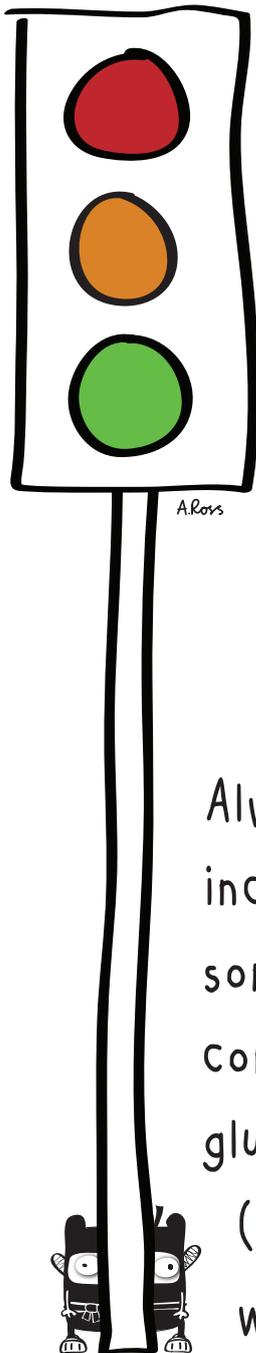


BASIC GLUTEN & WHEAT FREE FOOD LIST



UNSAFE: AVOID COMPLETELY.

CHECK: MAY CONTAIN GLUTEN/WHEAT.

SAFE: THEORETICALLY FREE FROM GLUTEN and/or WHEAT. BUT CHECK INGREDIENTS LIST AND ALLERGY ADVICE ANYWAY.

Always check **absolutely everything**, including free from products: Remember some items labelled **gluten free** may still contain allowable traces of up to 20ppm gluten, GF (non contaminated) oats, or GF (20ppm or less) malt barley ingredients, which not all gluten dodgers can tolerate.

NO WHEAT, BARLEY, RYE OR OATS (UNLESS OATS LABELLED GF)

Baking Aids

- regular flour
- regular baking mixes (cake, pancake, scone, pastry, etc.)
- regular pre-made/frozen pastry
- baking powder, thickener, raising agent, xanthan gum, guar gum
- sprinkles, flavourings, spices, frosting and decorations, ready-to-roll icing/sugarpaste/fondant, etc.
- buckwheat (watch out for gluten cross contamination)
- GF/WF flours: corn and rice flour, almond, arrowroot, cassava, chickpea/gram, coconut, potato (starch/flour), tapioca starch/flour
- GF/WF flour blends, baking mixes, pre-made/frozen pastry (double check GF flour blends, etc. for GF wheat starch if you can't tolerate even permitted levels of wheat)
- above amber foods made with GF/WF ingredients
- powdered icing sugar ← (corn sensitives: Look out for maize starch or cornflour in this) (as well as corn in almost EVERYTHING)
- marzipan

Baked Treats (see puddings too)

- regular biscuits/cookies, crackers, oatcakes, bread, buns, loafs (sweet and savoury), paninis, pitta bread, wraps, croutons, croissants, cakes, cupcakes, doughnuts, muffins, pastries, pies (sweet or savoury), scones, teacakes, sponge, sponge pudding, tarts, flans, fruitcake, flapjack, pancakes, etc. (yes, basically every single regular baked good)
- above foods made with GF/WF ingredients (may still contain GF wheat starch)
- grain free baked goods

Cereals

- regular wheat, bran, barley, rye, malt and oat-based cereals, including cereal or breakfast bars / biscuits
- cornflakes, corn/maize-based, puffed rice, rice-based cereals ← (cereals may still contain barley)
- granola, granola bars, buckwheat oats
- above amber foods made with GF/WF ingredients (may still contain GF wheat starch or GF barley at levels considered safe for coeliacs)
- GF oats*, GF porridge*, rice flakes/oats
- grain free granola
- *safe IF you can tolerate

Cooking Aids, Condiments, and Sauces

- mustard (look out for wheat)
- soy sauce (look out for wheat)
- malt vinegar (look out for this in chutney, relish, sauces, dressings and pickles etc.) (malt vinegar is classed as safe for coeliacs as the barley content is beneath the 20ppm gluten threshold, but many coeliacs and gluten sensitives can still react to it).
- chutneys, sandwich pickle, and relish, (spirit vinegar is classed as okay)
- herbs and spices (jars, flavour enhancers)
- pickled onions, gherkins, in fact ANY pickled produce
- cooking sauces, marinades (bottles, jars, packets)
- flavoured oils, dijon mustard, grain mustard → ('grain' refers to smooshed-up mustard seeds)
- gravy (ready made, pots, granules, powders)
- stock cubes (ready made, pots, granules, powders)
- table sauces: tomato, brown, mayonnaise, mint, salad dressing, seafood sauce, etc.
- vinegars: balsamic, flavoured vinegars, vinaigrette
- above amber foods made with GF/WF ingredients
- cider vinegar, spirit vinegar, white wine vinegar
- vegetable oil, rapeseed oil, olive oil, sunflower oil, coconut oil, nut oil, seed-based oil

Dairy / Dairy Alternatives (dairy is okay as long as you're okay with dairy!)

- fresh milk, cream, natural butter, yoghurt, real dairy cheese, ice cream, etc. (from grass-fed cows if possible)
- misc. butter, spread, butter-flavoured spread, margarine, flavoured yoghurt, all cheese (including grated, spreadable, etc.), flavoured milk drinks, ice cream, dairy snacks & puddings
- lacto free: milk, cream, butter, yoghurt, cheese, ice cream, etc.
- dairy free: Alternatives to milk and cream, (E.G. soy, coconut, almond, nut milks, etc.) DF butter spreads, all DF cheese, DF yoghurt, flavoured DF milk drinks, DF ice cream, DF snacks, etc.
- above amber foods made with GF/WF ingredients

Drinks

- hot malt drinks
- instant coffee (this is a dodgy one! some say it mimics gluten, some say it's commonly cross contaminated), flavoured teas hot chocolate, cocoa, flavoured hot drinks, fizzy, concentrated drinks, powdered/dairy drinks, smoothies, energy drinks
- above amber drinks made with GF/WF ingredients
- cacao powder (pure, ground chocolate beans, different to cocoa)
- fresh, pure fruit juice
- fresh ground coffee (some people may still react to this)
- or there's always good ol' liquid H₂O

Drinks - Alcoholic

- regular beer, lager, stout (includes non alcoholic)
- whisky/bourbon, brandy, etc. (even if gluten is destroyed in the manufacturing process, grain-based spirits can be stored in cross contaminated barrels)
- rum, gin, vodka, tequila, flavoured spirits, alcoholic soft drinks
- wine (may be fermented in cross contaminated barrels. Also, dairy and egg intolerants, check that milk or egg isn't used to clarify the wine).

Drinks - Alcoholic (continued)

- cider, flavoured ciders
- previous amber drinks made with GF/WF ingredients
- sparkling wine (safer due to being fermented in the bottle)
- any alcohol made with gluten free ingredients, E.G. GF beer, although this is a grey area due to so many manufacturers using barley or rye in the brewing process (the gluten level should be safe IF you can tolerate 20ppm level)

Fruit and Veg (including potato products)

- dried/snacking fruit (dates, raisins, fruit bars etc.)
processed frozen fruit, veg, potato products. E.G. chips, curly fries, potato waffles, etc. (look out for wheat coating)
- tinned fruit and veg (including baked beans)
- above amber foods made with GF/WF ingredients
- (fresh or fresh-frozen) unprocessed fruit
- (fresh or fresh-frozen) unprocessed vegetables
- pulses, lentils, beans, etc. (check these anyway as allergen advice may highlight a risk of cross contamination)
(Some people get away with washing them in fresh water several times before cooking)

Jams, Sweeteners, and Spreads

- artificial sweetener
- chocolate spread/choc-nut spread, peanut/nut butters
- jam, spreadable jelly, curd, marmalade, etc.
- above amber foods made with GF/WF ingredients
- corn syrup, honey, palm sugar, pure maple syrup, stevia, sugar, unrefined cane sugar, powdered sugar (corn sensitives: look out for added maize starch, or cornflour)

Pasta and Rice

- (fresh or dry) plain or flavoured pasta, couscous, noodles, semolina, (fresh or frozen) pasta ready meals, etc.
- substitute couscous, semolina and above foods made with GF/WF ingredients

Pasta and Rice (continued)

- plain rice, plain rice noodles, plain rice couscous or semolina
- grain free pasta: buckwheat pasta that's not cross contaminated) zucchini noodles, → (quick, home-made chicken zoodle soup is surprisingly good!)
- spaghetti squash, cauliflower rice

Puddings (fresh or frozen)

- trifle, sponge/cake/gateaux, sponge pudding, bread & butter pudding, fruit pie, flans, tarts, cheesecake, crumble, cobbler, dumplings, fritters, wafers, cones, ice cream with bits, etc.
- custard, ice cream, ice lollies, dessert sauce, toppings jelly, crème caramel, dessert style yoghurt, pudding cups meringue/pavlova (usually safe although check as some have vinegar added. If you're grain free check for cornflour)
- above red and amber foods made with GF/WF ingredients

Savouries, Meats & Misc. (hot, chilled or frozen)

- breaded ham, scotch eggs, meat pies, dumplings, pasties, pizza, quiche, sausage rolls, etc.
- anything in a batter or breadcrumb coating
- haggis, black pudding, white pudding, etc.
- (fresh/canned/packet) soups, ready meals, cup-a-soups, snack pots, pouches and any just add boiling water meals, etc.
- processed meats (burgers, sausages, cold cuts)
- above red and amber foods made with GF/WF ingredients
- fresh (or fresh-frozen) unprocessed meat and fish
- 100% meat burgers
- bacon
- fresh eggs

Snacks

- wheat and oat-based, or batter-covered snacks
- flavoured potato crisps
- snacking or flavoured nuts
- sweet or savoury popcorn and maize snacks
- sweet or savoury snack bars,
- sweet or savoury clusters, trail mix/snack mixes, etc.
- above amber foods made with GF/WF ingredients
- plain sea salted potato crisps cooked in sunflower oil
- unprocessed shelled nuts/whole nuts

Sweets and Chocolate

- all chocolate and sweets with added bits of biscuit / cake
- all chocolate (bars, packets, boxes, etc.)
- all sweets (bars, packets, boxes, etc.)
- above amber foods made with GF/WF ingredients
- quality, plain dark chocolate is often GF and better for dairy intolerant gluten dodgers (but, always check!)
- plain marzipan shapes (grain free, contains nuts)

IF IN DOUBT and you don't have an allergy, intolerance, or sensitivity to any of the following, stick to fresh, or fresh-frozen, unprocessed:

- meat ● fish ● fruit ● veg ● eggs ● dairy*
- still check allergy advice for the odd risk of cross contamination {
- plain legumes/pulses (beans, lentils, peas)
 - plain, dried fruit (raisins, dates)
 - unflavoured, plain nuts
- *or a safe alternative to dairy

If you so choose, you can gradually introduce processed GF/WF products to this diet in the future.