

Gluten Cheat-Sheet

Make sure to check all food items and ingredient labels with care!!



NO:

Wheat or wheat flour
Rye or rye flour
Triticale or Spelt

Oats & Oat Flour (*unless labeled GF*)
Barley or barley flour
Malt or Malt Flavoring (*usually barley*)

'Wheat-free' does not equal gluten-free!!

CAUTION: (read all ingredients carefully)

Marinades

Crackers/Cookies

Mixes

Pretzels

Croutons

Ice Cream

Cereal

Bread Crumbs

Baked goods

Gravies/Sauces

Soy Sauce

Stuffing

Candy/Licorice

Pizza Crust

Organic does not equal gluten-free - though a lot of GF food is organic.

YES: (as many and as frequent as desired)

Amaranth

Arrowroot

Beans/Legumes

Buckwheat/groats

Corn

Millet

Nuts

Potato

Rice (*all unless seasoned*)

Tapioca

Fruit

Veggies

Eggs

Dairy (*watch for additives*)

Meat/Poultry

Kasha

In their natural state all dairy, fruit, vegetables, and meat are gluten-free.



Kitchen & Cooking Tips



Avoid contamination! It can cause a reaction as well.

- * Make sure all utensils, bowls, and cookware have been thoroughly cleaned before using to cook gluten-free foods.
- * Have separate containers for common condiments (i.e. peanut butter) to avoid knife contamination.
- * Crumbs are our #1 enemy! Slice bread on paper towels. Do not use the same toaster for GF food, and fix GF food on a paper towel or clean cutting board.
- * Use a separate dish rag for washing GF dishes and place settings.

Easy Gluten-Free Food & Snack Ideas



MEALS

1. Mini-Pizzas or PB&H on GF rice cakes (Lundberg rice cakes are good)
2. Tacos or Enchiladas with corn tortillas (or try brown rice tortillas!)
3. Spaghetti with brown rice pasta (get GF spaghetti sauce)
4. Chicken Stir Fry with steamed rice (get GF soy sauce)
5. Baked chicken fingers - use potato chip or tortilla chip crumbs for coating
6. GF pancakes or GF frozen waffles (we use Pamela's mix for pancakes and Van's frozen waffles)
7. Chicken or Beef nachos on corn tortilla chips
8. Mini-Meatloaf with GF cracker or bread crumbs (we like Gluten Free Pantry sandwich bread)
9. Annie's brand GF Mac 'N Cheese
10. 'Inside Out' burritos - beans, rice, cheese and salsa in a bowl

SNACKS

Fruit! Fruit! Fruit! (and most fruit strips and snacks)
GF Animal crackers (try Kinnikinick or Mi-Del)
Peanuts or pistachios - the boys love unshelling them!
GF pretzels (try Glutino or EnerG)
Lara Bars (the boys like apple pie, pecan pie, cinnamon roll, and chocolate)