

Gluten containing foods to AVOID

Gluten Grains

Wheat
Rye
Barley

Oats
Atta
Barley malt extract
Bran
Bourghul/Bulgur
Cous cous
Durum
Dinkel
Farina
German Wheat
Graham Flour
Malt
Rye
Semolina
Spelt
Triticale
Udon
Wheat bran/germ/starch

Hidden Gluten

Ales
Artificial Colors
Artificial Flavors
Bacon
Beer
Breeding
Brown rice syrup
Chocolate
Coating mix
Communion wafers
Condiments
Croutons
Candy
Food Starch
Modified Food Starch
Luncheon/Deli Meats
Marinades
Maltose
Maltodextrin

Medications
Mustard
Natural Flavors
Oats
Potato chips
Salad dressings
Sauces
Sausages
Soups / broths
Stuffing
Soy Sauce
Thickeners
Vitamins
Mineral and herbal supplements
Lipstick, Gloss and Balms
Play Doh

***Please note, list is not conclusive. Please always read labels**

Reading labels

1. Look at the front of the package. Does it say "gluten free"? If so, look no further. If not, proceed to step 2.

2. Turn to the ingredients list. Here look for any of the known contaminating grains or cereals (Tip: know what you must avoid and then everything else is easy)

3. Look for an allergen warning including advice about cross contamination and statements like "manufactured on equipment which may process gluten", etc. If you are not strictly gluten free then this step won't be as important.

4. If you see nothing at any of these points to indicate gluten, then it is gluten free.

The Four Exceptions

The following foods are gluten free even if their source is gluten (which for legal reasons must be stated).

These ingredients are so highly refined that they are technically gluten free.

- Glucose syrup (from wheat)
- Caramel (from wheat)
- Glucose (from wheat)
- Dextrose (from wheat)

Gluten free foods to INCLUDE

GF Grains/Flour

Amaranth
Buckwheat
Corn/Maize
Millet
Quinoa
Sago
Rice flours: white, sweet or
sushi, brown or wild
Sorghum
Teff

Brands:

thesourcebulkfoods.com.au

lovingearth.net

glutenfreedom

venerdibreads

Nut Flour

Almond
Chestnut
Coconut
Hazelnut
Pecan
Flaxseeds

Bean Flour

Fava bean
Besan flour (chickpea)
Pea
Romano (cranberry)
Soy

Root Veg Starches

Arrowroot
Potato Starch
Potato Flour
Tapioca

Fresh food

Enjoy all fresh fruit and
vegetables.

**For any packaged, canned,
processed or dried fruit or veg
please read the label.**



Dairy foods to AVOID

Dairy products

Cows milk
Buffalo milk
Goat's milk
Sheep milk
Butter milk
Full cream, low fat, skim, UF milk
Condensed milk
Powdered milk
Raw milk
Lactose reduced milk
Flavoured milk

Yoghurt
Greek yoghurt

Butter
Ghee
Cream
Creme fraiche

Ice cream
Custard
Gelato

Cheeses

Any animal derived cheese including:

Buffalo
Roquefort
Camembert
Cottage cheese
Cotija
Chèvre
Feta
Mozzarella
Emmental
Cheddar
Gouda
Taleggio
ParmigianoReggiano
Ricotta
Manchego
Monterey Jack
Quark

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A note about calcium

When you restrict dietary dairy you do not need to worry about a calcium deficiency. Calcium is abundant in many other foods including cooked spinach, cooked broccoli, almonds, sesame seeds, rocket (raw), sardines and salmon (with the bones).



Dairy free foods to INCLUDE

Milk

Almond milk
Rice milk
Coconut milk
Macadamia milk
Soy Milk

Brands:

Vitasoy
Coco Quench
Honest to Goodness
Australia's Own
Macro Organic
Pure Harvest
Freedom Foods

Yoghurt

Coconut yoghurt
Soy yogurt

Brands:

Coyo
Pure Free
Born cultured

Butter

Olive oil spread
Use fresh avocado

Not margarine

Ice cream

Coconut ice cream
Soy Ice cream
Dairy free gelati

Cheese

My Life Bio Cheese
(coconut based)

Botanical Cuisine
(cashew cheese)

