



We Make Health Fun

Holistic Nutrition Girl

Gluten-Free Foods

All fruits and vegetables
Almonds /Nuts/ Natural Nut Butters
Amaranth
Arrowroot (starch/flour/thickener)
Buckwheat
Cheese
Corn / Popcorn Homemade
Cottage Cheese (not cheese spreads)
Dried legumes (and their flours)
Dried fruits
Eggs
Fish and Shellfish
Flax
Fresh Herbs
Honey
Millet
Molasses
Meats (poultry and game)
Nuts
Oils – Olive, Coconut, Grapeseed, Flax, Sesame, Hemp
Polenta
Quinoa
Rice /Rice Flour
Sage
Sorghum (grain/porridge)
Soy
Tamari Soy Sauce
Tapioca
Teff (grain, smaller than quinoa and millet)
Taro (green vegetable, leaf or root)
Vinegars (cider, wine, distilled)
Wild Rice
Xanthum Gum (replaces gluten as thickener/elasticity)
Yogurt (Natural, Greek)
Oats – specific brands have uncontaminated oats (gluten-free)

- OnlyOats by Farm Pure Foods
- Lara's™ Rolled Oats by Cream Hill Estates
- Bob's Red Mill Products