

Gluten-free diet

Grain products to allow, question and exclude

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**Oats must be pure, gluten-free (no cross contamination)

Allowed ✓

The following foods are naturally gluten-free.

Items made with:

- amaranth
- arrowroot
- buckwheat
- corn bran
- corn flour
- cornmeal
- cornstarch
- flax
- legume flours (bean, garbanzo or chickpea, Garfava™, lentil, pea)
- mesquite flour
- millet
- Montina™ flour (Indian rice grass)
- nut flours (almond, chestnut, hazelnut)
- potato flour, potato starch, gluten-free oat products**
- quinoa
- rice bran
- rice flours (brown, glutinous, sweet, white)
- rice polish
- sago
- sorghum flour
- tapioca (cassava, manioc)
- taro

Question ?

The following foods may contain gluten

Items made with buckwheat flour

Not Allowed ✗

The following foods contain gluten and must be taken out of your child's diet

Items made with:

- wheat bran
- wheat flour
- wheat germ
- wheat-based semolina
- wheat starch
- durum flour
- gluten flour
- graham flour
- atta
- bulgur
- einkorn
- emmer
- farro
- kamut
- spelt
- barley
- rye
- triticale
- commercial oat products* (e.g. oat bran, oat flour, steel cut)



Allowed ✓	Question ?	Not Allowed ✗
<p>Hot cereals:</p> <ul style="list-style-type: none"> • amaranth • cornmeal • cream of buckwheat • cream of rice (brown, white) • hominy grits • gluten-free oatmeal* • quinoa • rice flakes • soy flakes and soy grits 	<p>Rice and soy pabulum unless labelled gluten-free, or made with rice and/or corn</p>	<p>Cereals made with added barley malt extract or barley malt flavouring</p>
<p>Cold cereals:</p> <ul style="list-style-type: none"> • puffed amaranth, puffed buckwheat • puffed corn • puffed millet • puffed rice • rice crisps or corn flakes • rice flakes and soy cereal 	<p>Rice and corn cereals</p>	<p>Cereals made with added barley malt extract or barley malt flavouring</p>
<p>Pastas, macaroni, spaghetti, and noodles from beans, corn, lentils, peas, potato, quinoa, rice, and soy</p>	<p>Buckwheat pasta</p>	<p>Pastas made from wheat, wheat starch and other ingredients not allowed (e.g. orzo)</p>
<p>Rice plain (e.g. Basmati, brown, jasmine, white, wild)</p>	<p>Seasoned or flavoured rice mixes</p>	
<p>Miscellaneous: corn tacos, corn tortillas, rice tortillas Plain rice crackers, rice cakes and popped corn cakes Gluten-free communion wafers</p>	<p>Multi-grain or flavoured rice crackers, rice cakes and popped corn cakes Low gluten communion wafers</p>	<p>Wheat flour tacos and tortillas, matzoh, matzoh meal, matzoh balls, couscous, tabouli Regular communion wafers</p>

Adapted from Case, S. (2001). *Gluten-Free Diet: A Comprehensive Resource Guide*. Regina: Case Nutrition Consulting.

<http://aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/DigestiveSystemDisorders/Pages/gluten-free-diet.aspx>

Meat and alternatives to allow, question and exclude



Allowed ✓	Question ?	Not Allowed ✗
<p>The following foods are naturally gluten-free.</p>	<p>The following foods may contain gluten</p>	<p>The following foods contain gluten and must be taken out of your child's diet</p>
<p>Meat, fish, poultry; plain (fresh or frozen)</p>	<p>Prepared or preserved meats such as deli or luncheon meat (e.g. Bologna, salami), ham (ready to cook), meat and sandwich spreads, meatloaf Frozen patties (meat, chicken or fish), sausages, pate, hot dogs, frankfurters, imitation fish products (e.g. Surimi), imitation seafoods and bacon bits, meat substitutes, meat product extenders</p>	<p>Fish canned in vegetable broth containing hydrolyzed wheat protein Frozen turkey basted or injected with hydrolyzed wheat protein Frozen or fresh turkey with bread stuffing Frozen chicken containing chicken broth (made with ingredients not allowed) Meat, poultry or fish marinated in, dusted or breaded with ingredients not allowed</p>
<p>Eggs - Fresh, liquid, dried or powdered</p>	<p>Flavoured egg products (liquid or frozen)</p>	
<p>Other Lentils, dried peas, dried beans (e.g. Black, chickpeas or garbanzo, navy, pinto, soy, white), plain nuts and seeds, plain tofu, peanut butter</p>	<p>Baked beans, dry roasted or seasoned nuts and seeds, flavoured tofu, tempeh, miso</p>	<p>Chickpeas fried in contaminated oils</p>

Adapted from Case, S. (2001). *Gluten-Free Diet: A Comprehensive Resource Guide*. Regina: Case Nutrition Consulting.



Milk and alternatives to allow, question and exclude

Allowed ✓	Question ?	Not Allowed ✗
<p>The following foods are naturally gluten-free.</p>	<p>The following foods may contain gluten</p>	<p>The following foods contain gluten and must be taken out of your child's diet</p>
<p>Milk, most ice cream, sour cream, buttermilk, plain yogurt, cream cheese, processed cheese, processed cheese foods, cottage cheese</p>	<p>Milk drinks, flavoured yogurt, frozen yogurt, cheese sauces, cheese spreads, flavoured shredded cheese, fancy cheeses, some ice cream, sour cream</p>	<p>Malted milk, ice cream made with ingredients not allowed</p>

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Fruits and vegetables to allow, question and exclude



Allowed ✓	Question ?	Not Allowed ✗
<p>The following foods are naturally gluten-free.</p>	<p>The following foods may contain gluten</p>	<p>The following foods contain gluten and must be taken out of your child's diet</p>
<p>Vegetables; fresh, frozen, and canned vegetables and juices</p>	<p>Vegetables with sauces, French-fried potatoes (especially where gluten-containing foods may be cooked in the same oil)</p>	<p>Scalloped potatoes (containing wheat flour) Battered deep-fried vegetables</p>
<p>Fruits; fresh, frozen and canned fruits and juices</p>	<p>Dates, fruits with juices, dried fruits</p>	

Adapted from Case, S. (2001). *Gluten-Free Diet: A Comprehensive Resource Guide*. Regina: Case Nutrition Consulting.

<http://aboutkidshealth.ca/En/HealthAZ/ConditionsandDiseases/DigestiveSystemDisorders/Pages/gluten-free-diet.aspx>

Fats and oils to allow, question and exclude



Allowed ✓	Question ?	Not Allowed ✗
The following foods are naturally gluten-free.	The following foods may contain gluten	The following foods contain gluten and must be taken out of your child's diet
Butter, cream, margarine, lard, vegetable oil, shortening, salad dressing with allowed ingredients	Salad dressings, suet, cooking spray	Contaminated oils, fats and salad dressings made with ingredients not allowed

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Snack foods to allow, question and exclude



Allowed ✓	Question ?	Not Allowed ✗
The following foods are naturally gluten-free.	The following foods may contain gluten	The following foods contain gluten and must be taken out of your child's diet
Plain popcorn, nuts, soy nuts, potato chips, taco (corn) chips; gluten-free pizza	Seasoned (flavoured): nuts, soy nuts, potato chips, taco (corn) chips; rice cakes and rice crackers	Pizza made with ingredients not allowed

Adapted from Case, S. (2001). *Gluten-Free Diet: A Comprehensive Resource Guide*. Regina: Case Nutrition Consulting.

Deserts and sweets to allow, question and exclude



<p>Allowed ✓</p>	<p>Question ?</p>	<p>Not Allowed ✗</p>
<p>The following foods are naturally gluten-free.</p>	<p>The following foods may contain gluten</p>	<p>The following foods contain gluten and must be taken out of your child's diet</p>
<p>Most ice cream, sherbet, whipped toppings, whipping cream, egg custards, custard powder, gelatin desserts, milk puddings, cakes, cookies, pastries made with allowed ingredients, gluten-free ice cream cones, wafers and waffles</p>	<p>Cake icings and frostings</p>	<p>Bread pudding, ice cream made with ingredients not allowed; cakes, cookies, muffins, pies and pastries made with ingredients not allowed; ice cream cones, wafers and waffles made with ingredients not allowed</p>

Adapted from Case, S. (2001). *Gluten-Free Diet: A Comprehensive Resource Guide*. Regina: Case Nutrition Consulting.

Other foods to allow, question and exclude



<p>Allowed ✓</p>	<p>Question ?</p>	<p>Not Allowed ✗</p>
<p>The following foods are naturally gluten-free.</p>	<p>The following foods may contain gluten</p>	<p>The following foods contain gluten and must be taken out of your child's diet</p>
<p>Beverages</p>		
<p>Tea, instant or ground coffee (regular or decaffeinated), cocoa, soft drinks, most non-dairy beverages made from nut, potato, soy and rice</p>	<p>Flavoured and herbal teas, flavoured coffees, coffee substitutes</p>	<p>Cereal and malted beverages (e.g. Ovaltine®, chocolate malt and those with malt flavour, Postum®), non-dairy beverages (nut, potato, soy rice) made with barley malt extract, barley-malt flavouring or oats</p>



Allowed ✓	Question ?	Not Allowed ✗
Alcoholic Beverages		
<p>Alcoholic Beverages Distilled alcohol – bourbon, rum, gin, rye whiskey, scotch whiskey, vodka and pure liqueurs; wines; gluten-free beers (rice, buckwheat or sorghum)</p>	<p>Flavoured alcoholic beverages (e.g. Coolers, ciders, Caesar vodka beverage)</p>	<p>Beer, ale and lager (made from barley)</p>
Snacks and sweets		
<p>Honey, jam, jelly, marmalade, corn syrup, maple syrup, molasses, sugar (brown and white), icing or confectioner’s sugar, gluten-free liquorice and other candies</p>	<p>Hard candies, chocolate bars and chocolates</p>	<p>Regular liquorice and candies made with ingredients not allowed including chocolate bars with wafers and cookies</p>
Spices and sauces		
<p>Plain pickles, relish, olives, ketchup, plain prepared mustard, pure mustard flour, tomato paste, pure herbs and spices, black pepper, salt, vinegars (apple, cider, rice, balsamic, distilled white, grape or wine), gluten-free teriyaki sauce, other sauces and gravies made with allowed ingredients</p>	<p>Seasoning mixes, specialty prepared mustards, prepared mustard flour, mustard pickles, curry paste, Worcestershire sauce</p>	<p>Soy sauce (made from wheat), teriyaki sauce (containing soy sauce made from wheat), malt vinegar, other sauces and gravies made with wheat flour, hydrolyzed wheat protein or other foods not allowed</p>



Allowed ✓	Question ?	Not Allowed ✗
Soups		
Homemade broth, gluten-free bouillon cubes, cream soups and stocks made from ingredients allowed	Canned soups, dried soup mixes, soup bases and bouillon cubes	Soups made with ingredients not allowed, bouillon and bouillon cubes containing hydrolyzed wheat protein
Baking		
Plain cocoa, pure baking chocolate, carob chips and powder, chocolate chips, monosodium glutamate (MSG), cream of tartar, baking soda, vanilla, pure vanilla extract, artificial vanilla extract, vanillin, yeast (active dry, autolyzed, baker's, nutritional, torula), coconut, xanthan gum, guar gum, artificial sweeteners	Baking powder	Brewer's yeast

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