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Foods that contain gluten printable list

Gluten-free foods include a wide variety of grains, fruits, vegetables, and other products that do not contain gluten.

Gluten-free recipes include a wide variety of dishes that do not contain gluten.

Gluten-free products include a wide variety of products that do not contain gluten.

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Verywell / Alexandra Shytsman Most milk and many dairy-based products are gluten-free, but as always, there are exceptions. Plain milk—regardless of whether it's regular, skim or even heavy cream—is gluten-free. Flavored milks may not be safe, and you'll need to check ingredients to make sure. Malted milk products, including malted milkshakes, are not safe, since malt is made with barley. Plain yogurt, such as the Chobani and Fage brands, is safe. Many—but not all—flavored yogurts also are gluten-free. You'll need to check ingredients to be sure. Some yogurts come with cookies and granola, and you should avoid those. The refrigerator case at the supermarket also carries eggs, which are gluten-free, butter, which is gluten-free, and margarine, most of which is gluten-free (always check the ingredients on margarine and shortening). You'll also find products such as Kozy Shack tapioca pudding, which is labeled gluten-free. Some milk substitute products (such as soy milk and almond milk) are gluten-free, and some are not. Be particularly careful of gluten-free-labeled Rice Dream rice milk (found in the dry-goods section of the supermarket, not the dairy section), as it's processed with barley enzymes and many people report reacting to it. When purchasing cheese, most options should be safe. However, watch out for "beer-washed" cheeses. In addition, a few manufacturers use wheat as a catalyst when making bleu cheese, so you'll need to contact the specific maker to determine if a particular bleu cheese is safe or not (this tends to be a problem only for those who are particularly sensitive to trace gluten). Lastly, beware of cheese that's been cut up and repackaged at the individual grocery store. In many cases, this repackaging takes place in the deli section on the same cutting boards where the staff makes sandwiches. Look instead for cheese that was packaged at the manufacturer—you may have to purchase more of it than you'd like, but cheese freezes well. In the case of gluten-free ice cream, beware of ice creams that contain chunks of cookies, dough or an unsafe candy. Check the ingredients and avoid anything with a gluten-sounding name like "Cookies and Cream" or "Chocolate Chip Cookie Dough" unless it's specifically labeled gluten-free. Obviously, ice cream sandwiches are out unless you can find some that are specifically labeled gluten-free. But you can buy frozen fruit pops and other ice cream treats that are gluten-free—for example, Dove Ice Cream Miniatures. How to recognize gluten that's not obvious on the label. From the WebMD Archives Going gluten-free? You'll need a little know-how to figure out which foods you need to avoid. You probably know that gluten -- a protein -- is in anything made from wheat, rye, or barley. But did you know it's also in some less obvious products, such as lunch meats and soy sauce? Here's what to look for. First, check the ingredient label for wheat, barley, and rye. Next, look for some of the other things you might see on an ingredients label that signal gluten. "Reading the ingredients label on the foods you buy and knowing what to look for are the keys to identifying and avoiding gluten," says Shelley Case, RD, author of Gluten-Free Diet: A Comprehensive Resource Guide. Case's book lists these items: Barley (flakes, flour, pearl) Breading, bread stuffing Brewer's yeast Bulgur Durum (type of wheat) Farro/farro (also known as spelt or dinkel) Graham flour Hydrolyzed wheat protein Kamut (type of wheat) Malt, malt extract, malt syrup, malt flavoring Malt vinegar Malted milk Matzo, matzo meal Modified wheat starch Oatmeal, oat bran, oat flour, whole oats (unless they are from pure, uncontaminated oats) Rye bread and flour Seitan (a meat-like food derived from wheat gluten used in many vegetarian dishes) Semolina Spelt (type of wheat also known as farro, faro, or dinkel) Triticale Wheat bran Wheat flour Wheat germ Wheat starch These other ingredients may be less familiar to you, but they also contain gluten: Atta (chapati flour) Einkorn (type of wheat) Emmer (type of wheat) Farina Fu (a dried gluten product made from wheat and used in some Asian dishes) Double-check the ingredients label on these items, as they're possible sources of gluten: Beer, ale, lager Breads Broth, soup, soup bases Cereals Cookies and crackers Some chocolates, some chocolate bars, licorice Flavored coffees and teas Imitation bacon bits, imitation seafoods Medications (check with your pharmacist) Pastas Processed foods Salad dressings Sauages, hot dogs, deli meats Sauces, marinades, gravies Seasonings Soy sauce Gluten-free foods have become much more common, so you can probably find a version that does work for you. Even communion wafers now come in gluten-free versions. When Katie Falkenmeyer of Sherrill, NY, decided to go gluten-free, the learning curve in front of her was a little daunting. Figuring out which foods were really gluten-free wasn't easy. But after a few trips to the grocery store -- and with the support of her nutritionist -- identifying gluten on an ingredient list is now second nature. "It took time -- and a lot of ingredient label-reading -- to figure out what foods were gluten-free," Falkenmeyer says. She and Case offer these tips: Work with a registered dietitian. A dietitian can help you make sure you get all the nutrients you need and totally eliminate gluten, Case says. Take your time. Trips to the grocery store might take longer when you first go gluten-free. Plan on spending extra time reading the labels and educating yourself on the key words that signal a gluten ingredient, Falkenmeyer says. When in doubt, ask. Call food companies to find out if their products include gluten, or the steps they take to make sure their products are gluten-free, Case says. Watch the cost. Gluten-free products might be a little more expensive than food with gluten, Falkenmeyer says. Bargain shopping and coupons can come in handy. Ask your pharmacist to find out if your medications contain gluten. If they do, ask your doctor about alternatives. The good news is that gluten isn't everywhere, especially once you move beyond the kitchen. "One of the most common myths out there about gluten is that it's an ingredient in envelope glue," Case says. "But an analysis of the largest envelope manufacturers in the U.S. showed this isn't true: Envelope glue is made from cornstarch, and is gluten-free." You also don't need to worry about beauty care products, such as shampoo or lotions, that you don't swallow, Case says. SOURCES: Shelley Case, RD, author, Gluten-Free Diet: A Comprehensive Resource Guide. Katie Falkenmeyer, Sherrill, NY. Daniel Leffler, MD, director of research, Celiac Center, Beth Israel Deaconess Medical Center, Boston. National Institute of Diabetes and Digestive and Kidney Diseases: "Celiac Disease." © 2012 WebMD, LLC. All rights reserved. Avoiding wheat-containing foods in the grocery store can be confusing. Many products may contain wheat in hidden amounts that can make you sick if you have a wheat allergy or intolerance. If you need to avoid wheat in your diet, this printable shopping list can help you play it safe. The following list of wheat-free foods indicates which foods contain gluten to make it clear. If you have to give up wheat, don't lose heart; there are still plenty of choices at the market. If you need help downloading the printable list, check out these helpful tips. Related Articles Wheat Free Books What Is Millet? How to Eat Gluten-Free Download this printable shopping list Nearly all of the produce section in your local grocery store should be free of wheat and able to be consumed. This includes foods such as the following: Apples Bananas Citrus fruit Berries Spinach Asparagus Squash Potatoes Onions Peppers Broccoli Ginger Lettuce Herbs Much of the dairy section of your grocery store should also be free of wheat. Safe foods include tasty products like these: Milk Cream Yogurt (Avoid yogurts with additives such as cookie crumbs.) Cheese (Avoid shredded cheeses unless they are labeled, "Gluten Free". Some shredded cheese is dusted with flour to prevent it from sticking.) Cottage cheese Sour cream Nearly all the foods in the meat section of your grocery store are wheat-free. Watch out for whole turkeys, however, which may be brined with a liquid mixture that could contain wheat. Double check the ingredient labels to be sure. Other foods that are safe for consumption include the following: Pork Beef Poultry Fish (Avoid pre-made, breaded fish selections.) Shrimp Lobster Eggs Lamb Your deli counter can be a major pitfall if you are seeking wheat-free foods. Many deli meats contain wheat or gluten, which makes them unsafe for consumption. Look for the following brands to make sure your deli meats are safe: Applegate Farms Boar's Head Columbus Dietzel Dietz and Watson Hormel Natural Choice Jenny-O Wilshire Farms There are numerous types of canned goods available in your grocery store that do not contain any wheat. You can find everything from canned meat to canned sauces, fruits, and vegetables. This is a small sampling; make sure to check the label each time to be sure: Beans Vegetables Fruits Tuna fish Salmon There are numerous wheat-free grains and wheat-free pasta products on the market. Look for any of the following in either whole, ground or noodle form. Keep in mind that some of these options do contain gluten, even while they are wheat-free. Rice Amaranth Quinoa Oat (may contain gluten) Rye (gluten) Soy Spelt (gluten) Teff Buckwheat Legumes While most cereals do contain some form of wheat, there are some hot and cold cereals available that are wheat-free. As with all products, these cereals may still contain gluten. If you're gluten-sensitive, be sure to research the options thoroughly. Wheat-free cereals include the following options: Chex Oatmeal (may contain gluten) Rice Crispiess (may contain gluten) Cream of Rice Granola (may contain gluten) If you are in the learning process of making your own bread or other baked goods, you can use any of these wheat-free flours. If you require help, consider using pre-packaged gluten-free (thus, wheat-free) flour blends until you get the hang of cooking without wheat. Almond Cassava Chestnut Chickpea (Garbanzo bean) Flaxseed Hazelnut Jerusalem artichoke (Sunchoke) Kamut (gluten) Legume Millet Oat (may or may not contain gluten) Potato Quinoa White rice Brown rice Rye (gluten) Soy Spelt Teff Tapioca Buckwheat There are numerous wheat-free snacks on the market as well. Some of these products may contain trace amounts of wheat, depending on how they are manufactured; always double check the label to be sure. In addition to the ones on this list, look for any manufacturer who specializes in gluten-free snacks and baking, such as Glutino. Almonds Cashews Walnuts Peanuts Hazelnuts Pecans Dried fruit Applesauce Popcorn Corn chips Bean chips Soy crisps Potato chips Vegetable chips Ice cream (Avoid varieties containing cookies, dough or the word "crunch" in the title.) Frozen fruit pops Italian ice Most beverages do not contain wheat. Avoid or check the label on any drink mixes, such as powdered hot chocolate mix, as these may contain some wheat. Safe beverages include these options: Milk Juice Soda Selzer Water The wheat-free diet eliminates all wheat from the diet and requires the reading of labels on not just food, but also skin care products and cosmetics. However, if you are worried about gluten, be advised that a wheat-free diet is not a gluten-free diet. For example, on a wheat-free diet, grains like buckwheat, millet, oats, rice and rye are recommended. When considering the above grains for a gluten-free diet, oats may or may not be gluten-free. Oats are often suspect unless they are certified gluten-free because they may be cross contaminated during the growing and/or manufacturing process. If you are eliminating gluten from your diet, you should absolutely avoid rye. Even when you're eating foods that should be wheat-free, check labels to be sure no wheat or wheat by-products have been added as a filler or additive. For example, legumes are wheat-free, but when you buy baked beans, wheat may be an added ingredient. Cheese is wheat-free, but cheese sauce may not be. Learning to avoid wheat and wheat products takes knowledge, determination and dedication. You can find a wealth of information by reading books about wheat-free living, but if you are in doubt as to whether or not a food contains wheat, avoid it. For more help with your wheat-free diet, talk with your health care provider or nutritionist. © 2006-2021 LoveToKnow, Corp., except where otherwise noted. All Rights Reserved.

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