

Celiac Survival Guide

The following information is intended to serve as a quick, safe tool to help you get through the first few days after the diagnosis of celiac disease is made. Much more extensive information will be provided once you meet with a registered dietitian for gluten-free diet counseling.

FOOD CATEGORY	ALLOWED (Gluten-free Foods)	AVOID (Contain or possibly contain gluten)
Meat and Meat Substitutes	Fresh meat, poultry, fish and shellfish (without marinades or flavorings, no self-basting products); fresh eggs; dried beans, peas and lentils	All others including vegetarian meat substitutes
Milk and Dairy Products and Substitutes	Fresh milk, cream, whipping cream; natural aged cheeses, plain yogurt, butter	Commercial chocolate milk, hot cocoa mixes, malted milk, non-dairy creamers, flavored or frozen yogurts, processed cheese, dips
Grains and Grain Products	Plain rice (brown or white), wild rice, corn, cornmeal, hominy grits, amaranth, quinoa, buckwheat, flax, teff, sorghum, millet, Montina™, puffed rice, cream of rice, infant rice cereal	All others
Fruits	All plain, fresh, frozen or canned fruits; 100% fruit juices.	All others
Vegetables	All plain, fresh, frozen or canned vegetables; white or sweet potatoes, yams	Any with sauces or breading; baked beans; French fries
Soups	Homemade broth or broth-based soups with meats, grains or vegetables as listed above.	Commercially prepared broth and soups, soup bases, bouillon cubes and granules
Fats and Oils	Butter, vegetable oils	All others including commercial salad dressings
Sweets	Sugar, honey, jelly, coconut, molasses	Syrup, brown rice syrup
Snacks	Plain nuts, plain popcorn popped in oil,	Dry-roasted or flavored nuts, potato chips, microwave popcorn, rice cakes, fruit roll-ups
Miscellaneous	Arrowroot, cornstarch, potato starch, potato flour, tapioca, rice flour, soy flour, sago, pure cocoa powder, salt, pure herbs and spices, baking soda, cream of tartar, yeast, vinegar (apple cider, distilled, wine, balsamic)	Communion wafers, catsup and mustard, soy and Worcestershire sauce, steak sauce, spice blends, seasoning mixes and packets, malt vinegar, baking powder