

GLUTEN-FREE SHOPPING LIST

Fruits

Fresh, canned or frozen (plain)
Dried fruits

Vegetables

Fresh, canned or frozen (plain)
Tomato paste
Canned tomatoes

Meat, Fish and Poultry

Fresh or frozen (plain)
GF deli meats

Legumes

Canned or dry beans: kidney, black, soy, etc.
GF canned baked beans
Lentils, split peas

Nuts and Seeds

Almonds, peanuts, pecans, walnuts
Pumpkin, sesame, sunflower seeds
Nut butters: peanut, almond, cashew

Fats and Oils

Butter or margarine
Vegetable oil: canola, olive, etc.
GF salad dressings

Dairy

Milk: whole, 2%, 1% or skim
Milk powder
Yogurt
Cheese
Eggs

Bread, Cereal, Pasta, Snacks

Gluten-free bread, bagels, buns, pizza crust
Gluten-free frozen breads, waffles, muffins, cakes
Amaranth, buckwheat, corn, millet, quinoa, rice, soy cereal
Gluten-free corn flakes, Gluten-free crisp rice
Cream of buckwheat or rice, cornmeal
Gluten-free pasta: corn, potato, quinoa, rice, soy
Gluten-free crackers
Gluten-free plain or flavored rice cakes
Gluten-free oatmeal, if tolerated

Grains and Starches

Amaranth grains and flour
Arrowroot starch
Bean flours
Buckwheat groats
Corn
Cornstarch
Cornmeal
Flax seeds or Flax seed meal
Mesquite flour
Gluten-Free Millet
Montina flour
Nut flours: almond, hazelnut, pecan
Potato flour and starch
Quinoa grains and flour
Rice: brown, wild, white
Rice bran and rice polish
Rice flour: brown, white
Sago
Sorghum flour
Soy flour
Sweet potato flour
Tapioca (cassava, manioc)
Teff
Yucca

Condiments and Spices

Gluten-free barbecue sauce
Black pepper
Onion powder
Garlic powder, fresh garlic
Honey, molasses
Jam, jelly, marmalade
Ketchup, plain mustard, relish
Gluten-free pizza and pasta sauce
Gluten-free salsa
Gluten-free soy sauce
Sugar: brown, white
Vanilla
Vinegar (except malt vinegar)

Miscellaneous

Baking soda
Gelatin
Gluten-free baking powder
Gluten-free bread/muffin mix
Gluten-free pancake/waffle mix
Gluten-free puddings
Gluten-free soups
Guar gum
Xanthan gum