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GLUTEN FREE DIET

READ ALL LABELS. AVOID PRODUCTS WITH WHEAT STARCH OR GLUTEN STABILIZERS.

<u>CATEGORY</u>	<u>FOODS ALLOWED</u>	<u>FOODS TO AVOID</u>
BEVERAGES	All except those listed to avoid.	Postum malted milk. Ovaltine; instant cocoa. Read labels on instant coffee to be sure no wheat flour has been added.
BREADS	Only products made from rice, corn or soybean flour or gluten-free wheat starch.	All products made from wheat or rye flour or products containing oatmeal, Barley or buckwheat.
CEREAL/ CEREAL PRODUCTS	Only cornflakes, cornmeal, hominy, rice, Rice Krispies, Puffed Rice, pre-cooked rice Cereal; whole grain or brown rice.	Wheat, rye, oat, buckwheat, wheat germ and barley in any form; macaroni, spaghetti, noodles.
SOUPS	Homemade vegetable or clear soup; cream soup thickened with cream, milk, cornstarch or potato flour.	Canned soups except clear broth; any soup thickened with wheat flour; bouillon cubes or powder.
MEATS, FISH POULTRY, EGGS, AND CHEESE	Any product without breading or flour-thickened sauce or gravy.	Breaded or creamed products; gravy or sauce thickened with wheat flour; Processed cheese, cheese spreads.
VEGETABLES	Any vegetable not breaded or creamed with flour-thickened sauce.	Breaded, creamed or with added flour.

FRUITS	All.	None.
DESSERTS	Gelatin, fruit ice, sherbet, homemade ice cream, rice pudding, custard, cornstarch pudding. Check all labels for addition of wheat starch.	Cake, pastry, pie, cookies, commercial ice cream, ice cream cones, prepared mixes, commercial candies containing cereal products.
FATS	Butter, margarine, oil, cream.	Commercial salad dressing, whipped topping.
MISC.	Sugar, jam, jelly, honey, syrup, herbs, spices, seasonings, relishes, condiments.	Gravy or sauce with added flour.