

# FOOD ADVISORY FOR GLUTEN RESTRICTED DIET



FOOD CATEGORIES	FOOD RECOMMENDED	FOODS TO LIMIT
<b>BREADS, CEREAL, RICE &amp; PASTA</b>	Breads, pancakes, waffles, rolls made with allowed flours (corn meal, corn, arrowroot, tapioca, amaranth, quinoa, rice, lima bean, potato, gluten free wheat starch, gluten free bread mix, gluten free pasta, flax, wild rice, enhanced rice, sorghum (milo), popcorn, corn tortilla, flax, enhanced rice, wild rice, rice cakes, sago: Specifically labeled gluten free cereals made from allowed grains, corn pops, puffed rice, Natures Path honey cornflakes, Gorilla munch, cream of rice, hominy grits, oatmeal if labeled gluten free or wheat free.	All bread or cracker products made with gluten, wheat, rye, barley, or oats; oatmeal, rye graham, bulgar, kasha, matzo meal, instant mashed potato containing flour, macaroni, noodles, spaghetti, vermicelli, dumplings, pretzels, commercial mixes for cakes, cornbread, muffins, pancakes, waffles, biscuits etc., popovers, rusks, swieback, Rye-Krisp, melba toast, tortillas. Avoid soybean and buckwheat if sensitive to it. Avoid all wheat, rye, barley, and oat cereals, farina, millet, bran, wheat germ, cereals containing malt flavoring (unless individually tolerated).
<b>VEGETABLES</b>	All fresh, frozen, dried or canned vegetables without commercial sauces, thickening agents, breading or butter. Plain vegetable juices.	Vegetables in sauces or with thickeners, breaded or battered. Frozen vegetables with wheat starch or pasta. Pickled products. Check labels for colorings, emulsifiers, stabilizers, preservatives, etc.
<b>FRUITS</b>	Fresh, frozen or canned fruits and fruit juices.	Any thickened fruits or fruit fillings, juice drinks or blends containing ingredients not recommended.
<b>MILK, YOGURT and CHEESE</b>	Fresh, dry, condensed, or evaporated whole, low-fat, skim milk. Buttermilk, non-thickened yogurts. Non-milk products with permitted ingredients. Aged cheese, processed cheese, cream cheese, cottage cheese with permitted ingredients.	Malted milk, Postum chocolate milk, cocoa mixes, Ovaltine, commercial milk shakes and smoothies, non-dairy creamers and milk substitutes with ingredients not recommended. Cheese spreads and dip mixes, cheese foods. Roquefort and blue cheese grown on bread mold.