

Gluten Free Guidelines

What you can eat	Hidden sources of Gluten	Gluten cross-reactive (cannot have)	Gluten possible cross-reactive
Meat	Soy sauce	Spelt	Rye, Barley, Spelt, Polish Wheat
Fish	Food starches	Kamut	Cow's Milk
Nuts	Food emulsifiers	Oat	Whey Protein
Vegetables	Food stabilizers	Rye	Chocolate (Milk)
Fruit	Artificial food coloring	Barley	Oats
Avocado	Malt extract		Yeast
Coconut	Flavor		Coffee
Spices	Syrup		Sesame
Sweet Potato	Dextrin (less specified from corn/rice/tapioca/potato)		Buckwheat
All Squash	Maltodextrins (less specified from corn/rice/tapioca/potato)		Sorghum
Oils			Millet
Olives			Hemp
Yams			Amaranth
			Quinoa
			Tapioca
			Teff
			Soy
			Egg
			Corn
			Rice
			Potato