
Nurture My Gut

"GLUTEN-FREE HEALING FOODS"

Gluten Free Food List

Below is a list of gluten free foods. I prefer to buy products that are labeled **CERTIFIED GLUTEN FREE**. This certification guarantees the product has been processed in an exclusive gluten free facility and it has been batch tested to have 20 parts per million of gluten or LESS. You can verify ingredients by calling or e-mailing the manufacturer to confirm it is gluten free or find out how it is processed. Keep in mind that although many of the foods listed below are gluten free, each person has individual needs and some do not feel well with EVEN some of the foods on the below list, such as grains, corn, starches, binding agents and oats. Talk to your dietician, health coach, naturopath or physician specialized in a gluten free diet to find out which gluten free foods are **BEST** options for **YOU**.

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[Gluten Free Foods List](#)

Gluten Free Grains

Amaranth

Buckwheat

Corn

Brown Rice

Millet

Certified Gluten Free Oats

Quinoa

Sorghum

Sprouted Gluten Free Grains

Teff

White Rice

Wild Rice

Gluten Free Baking Flours

Almond Meal

Amaranth Flour

Blanched Almond Flour

Buckwheat Flour

Black Bean Flour

Blue Corn Flour

Brown Rice Flour

Coconut Flour

Cornmeal

Flaxseed Meal

Garbanzo Bean Flour

Garfava Flour

Hazelnut Flour

Lentil Flour

Millet Flour

Montina Flour

Nut Flours

Certified Gluten Free Oat Flour

Polenta

Potato Flour

Quinoa Flour

Sorghum Flour

Sprouted Gluten Free Flours

Sweet White Rice Flour

Yellow Corn Flour

Teff Flour

Gluten Free Starches:

Arrowroot Starch/Flour

Cornstarch

Tapioca Starch/Flour

Gluten Free Binding Agents:

Guar Gum

Xanthan Gum

- **Beef, Lamb, Poultry, and seafood that is purchased unseasoned is naturally gluten free**
- **Whole Eggs, Unsweetened Dairy, Whole Beans, Raw Nuts, Raw Seeds, Whole Fruits, Whole Vegetables and Undressed Leafy Greens are Naturally Gluten Free**

Foods that DO CONTAIN GLUTEN:

Any food made with Barley, Rye, Spelt and Wheat or foods made with these grains such as:

Barley, Durum Wheat, Einkorn, Faro, Graham Flour, Kamut, Semolina, Spelt, Triticale, Rye, Wheat, Wheat Germ, White Flour, Whole Wheat Flour, Wheat Bran

Common Foods Made With GLUTEN:

Cake

Cookies

Cereal

Crackers

Couscous

Bread

Flour Tortillas

Muffins

Oats, Oatmeal

Pasta

Pastries

Items that MAY contain gluten (always check labels):

Beer

Breading, bread crumbs

Broth

Brown Rice Syrup

Bouillon Cube

Candy

Croutons

Drugs & Over the Counter Medications

Energy Bars

Flour & Cereal Products

Fried Foods (may be fried in contaminated oil)

Gravy

Herbal Supplements

Hot Dogs

Imitation Seafood (Crab)

Imitation Bacon

Malt, Malt Vinegar

Marinades

Matzo

Modified Food Starch

Nutritional Supplements

Processed Luncheon Meats

Salad Dressings

Seasoned Rice & Pasta Mixes

Self Basting Turkey or Chicken

Sauces

Seasoned Chips or Snack Foods

Soy Sauce

Soup Base

Stuffing

Thickeners

Vitamins

© Gluten Free Food list provided by : Ester Perez, Certified Health Coach

www.nurturemygut.com