

50+ GF FOODS YOU CAN EAT TODAY!

No matter which resource list you use, ALWAYS read the label every time you buy a product--product formulations can change. Food Allergen Labeling and Consumer Protection Act (FALCPA), effective January 1, 2006, ensures identification of wheat (but not barley or rye) on packaged products sold in U.S.

1. Fresh fruit	12. Frozen/canned vegetables (most GF, beware of seasonings and sauces)	25. Barbecue sauce (most: Kraft, Sweet Baby Ray's, KC Masterpiece Orig, Cattleman Orig--read labels)	38. Progresso Garden Vegetable Lentil, New England Clam Chowder, Creamy Mushroom Soups
2. Fresh vegetables	13. Nuts of all types (beware of honey roasted or glazed)	26. Eggs (ask in restaurants, IHOP adds pancake batter to its eggs)	39. Funyuns onion-flavored rings and Fritos corn chips
3. Meat (steak, burger, pork chops, etc. without gluten-containing sauces/seasonings)	14. Butter (regular with just cream and salt; unsalted okay, also)	27. Hot chocolate/cocoa (most: homemade, Carnation, Swiss Miss)	40. Amy's Rice Crust Cheese Pizza
4. Seafood (steamed, grilled, broiled without breading or gluten-containing sauces)	15. Oberto beef jerky (original, peppered, and hickory), turkey jerky (original and peppered)	28. Nestle's Toll House Semi-sweet and Milk Chocolate Morsels (others as well, but NOT butterscotch)	41. Milk (most: regular, low-fat, skim, chocolate, rice, almond, soy--read labels)
5. Cheese (most: beware of shredded blends with seasonings and blue cheese grown from bread)	16. Vodka, rum, gin, scotch, tequila (distilled so GF, beware of any alcohol that has flavoring/seasonings added afterwards)	29. Potato chips (most plain, rippled, or kettle chips like Lay's, Utz, Lays Staxx; beware of ones with seasoning and Pringles are NOT GF)	42. Microwave Popcorn (most: read labels), plus snacks like Fiddle Faddle, Crunch and Munch
6. Bagged/ready-to-go salad (without croutons or dressing included)	17. Wine (beware of seasonings added afterwards, e.g., for mulled wine)	30. Pickles	43. McDonald's: milk shakes and ice cream
7. Most salad dressings (most of Paul Newman's own, Ken's, Kraft--read labels)	18. Puddings (Jello, Hunt's, Cozy Shack--does not include ones with cookie-type ingredients)	31. Hummus	44. McDonald's French Fries (cooked in oil originally derived from wheat, but tested GF)
8. Most peanut butter (e.g., Jif, Skippy, and Peter Pan--regular and creamy)	19. Ice cream (most flavors are GF--does not include ones with cookie/brownie ingredients)	32. Prego, Classico, and Del Monte pasta sauce (most); Heinz Chili Sauce	45. Dinty Moore Beef Stew
9. Corn tortillas and tortilla chips (read labels and inquire in restaurants as some contain wheat)	20. Bacon (most: read labels)	33. Pasta: Tinkyada, Bi-Aglut, and DeBole GF pasta	46. Candy: Snickers, Reese's, M&Ms--Plain/Peanut, Butterfinger, Mounds, Almond Joy, Baby Ruth, Skittles, Starburst, Payday, Pez, Rolo and others (read labels)
10. Luncheon meat (most: e.g., Boars Head, Hillshire Farms, Buddig)	21. Doritos--only Four Cheese, Cooler Ranch, Black Pepper Jack Cheese, and Guacamole	34. Blue Diamond Nut Thin crackers	47. Baking needs: baking soda, baking powder, vanilla, cornstarch, etc. (read labels)
11. Condiments: Mustard, ketchup, mayonnaise and similar-type spreads (most: Hellmann's, Kraft, Miracle Whip)	22. Sodas/Juice/Coffee/Tea (most, beware of flavorings/seasonings)	35. Tuna (most: beware of ones with seasoning added)	48. Frozen/canned fruit and pie fillings (most)
	23. Oscar Mayer beef hot dogs, Ball Park hot dogs	36. Ore-Ida frozen potato products	49. Cereal: Rice Chex and some other Chex (must say gluten free on box), Neopets Berry Crunch, Dora the Explorer
	24. Hillshire Farm Little Smokie sausages, Jennie-O turkey sausage	37. Pacific Natural Foods Soups and Gravies	50. Instant/prepared mashed potatoes (most Idahoan and Bob Evans)

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