

Gluten-Free Start-Up Shopping Guide

(excerpted from *The Guide to a Gluten-Free Diet*, by David Brownstein, M.D. and Sheryl Shenefelt, C.N.)

Always Read Labels

Do *not* purchase foods that contain: barley, malt, malt flavoring or malt vinegar, rye, triticale, or wheat *in any form* (durum, graham, kamut, semolina, or spelt included). Also, *avoid* foods that *may* contain gluten such as breadings, cereals, gravies, ice cream, imitation foods, licorice, marinades, pastas, processed meats, sauces, soy sauce, soups, stuffing, and thickeners.

Wheat-Free Does Not Mean Gluten-Free

Just because a product is wheat-free does *not* mean it is free of gluten items such as rye or barley. Only purchase items that say they are gluten-free.

Be Wary Of Cross Contamination

Keep all gluten-free foods separate from those that are not. Be careful how gluten-free foods are prepared, whether you do it yourself or purchase it somewhere else where cross contamination is possible.

Foods You Can Eat

All *plain* meats, poultry, fish, and eggs, corn and rice *in all forms*, legumes, nuts and seeds, all *plain* fruits and veggies, dairy products, vegetable oils, vinegar (except for malt), and usually anything that says it is gluten-free.

Acceptable Grain Substitutes

Rice, potato, coconut, corn, tapioca, nut flours, seeds, beans, garfava, millet, sorghum, quinoa, buckwheat, arrowroot, teff, amaranth, and Montina.

Distilled Alcohols And Wine Can Be Consumed

Gin, whiskey, and vodka do not contain gluten after the distillation process. Wines are also gluten-free, but beers, ales and lagers are not. Note: Some beers are gluten-free

When In Doubt, Bring It Yourself

If you do not know if the places you are going will have foods that you can eat, make sure to have a handy bag or cooler filled with snacks to take with you.