

List of Gluten Free Foods

Fruit	Vegetables	Grains and Flour	Meat	Dairy	Other
Acai	Acorn	Almond Flour	Alligator	Butter	Alcohol**
Apples	Agar	Amaranth	Beef	Casein	Baking Soda
Apricot	Alfalfa	Arrowroot	Buffalo	Cheese	Herbs
Bananas	Algae	Bean flour	Chicken	Cream	Honey
Blackberries	Arrowroot	Besan	Duck	Eggs	Jam
Blueberries	Artichoke	Brown rice	Goat	Milk	Jelly
Cantaloupe	Arugula	Brown rice flour	Goose	Sour Cream	Juice
Carob	Asparagus	Buckwheat	Lamb	Yogurt*	Nuts
Cherry	Avocado	Cassava	Pork	Whey	Oils
Cranberries	Beans	Corn flour	Rabbit		Seeds
Currants	Broccoli	Corn meal	Snake		Spices*
Dates	Brussel Sprouts	Corn starch	Turkey		Syrup
Figs	Cauliflower	Cottonseed	Quail		Vanilla
Grapes	Cabbage	Dal	Veal		Vinegar
Guava	Carrots	Flaxseed	Venison		Vitamins
Honeydew Melon	Celery	Millet			Wine
Kiwi	Corn	Pea Flour			Xanthan Gum
Kumquat	Cucumber	Polenta			
Lemons	Eggplant	Popcorn			
Limes	Garlic	Potato flour			
Mandarian	Green Beans	Quinoa			
Mangoes	Kale	Rice			
Oranges	Lettuce	Sago			
Papaya	Mushrooms	Soy Flour			
Passion Fruit	Okra	Tapioca Flour			
Peaches	Onions	Taro Flour			
Pears	Parsley	Tef			
Pineapples	Peas	Yeast			
Plantains	Peppers	Yucca			
Plums	Potatoes				
Persimmons	Pumpkins				
Quince	Radish				
Raspberries	Spinach				
Strawberries	Squash				
Tamarind	Turnips				
Tangerines	Watercress				
Watermelons					

* Some foods may have additional gluten ingredients added to them. Always check the ingredients label for gluten.

** Beer is not usually gluten free. Some liquor is distilled from a gluten-containing grain, but may still be gluten free. Visit OneHungryCeliac.com for more info.