

yes.

almond meal
amaranth
arrowroot
balsamic vinegar
buckwheat
cider vinegar
corn / maize
flax
garbanzo bean
lentil / pea
millet
oats (*must be specified gluten-free*)
polenta / cornmeal
potato
quinoa
rice (*all varieties, even glutinous*)
rice vinegar
sago
sorghum
soy
soy sauce (*see tamari*)
sweet potato / yam
tamari (*look for wheat-free tamari*)
tapioca
teff
wine vinegars

no.

artificial flavorings
barley / barley malt
beer
bulgur
couscous
dinkle
durum
grain vinegar
grain alcohol
hydrolyzed vegetable protein (HVP)
kamut
malt flavoring
modified food starch
MSG
oats (*unless labeled gluten-free*)
orzo
pumpernickel
rye
semolina
soy sauce
spelt
tamari (*look for wheat-free tamari*)
vegetable starch / vegetable protein
vinegar (*distilled white vinegar*)
wheat flour / starch / germ / berries
wheaten cornflour

shop.

BRANDS:
Bob's Red Mill
Enjoy Life
Food for Life
Glutino
Grindstone Bakery
Larabar
Mary's Gone Crackers
Mrs. May's Naturals
Pamela's Products
Sun Flour Baking Company
Timyada
Udi's Gluten Free Foods
Van's Natural Foods

STORES:
Trader Joe's
Whole Foods
Andy's Produce, Sebastopol CA
Community Market, Sonoma County CA
G&G Supermarket, Sonoma County CA
Oliver's Market, Sonoma County CA
Pacific Markets, Sonoma County CA

ONLINE:
glnmall.com
glutenfreemail.com

sip.

LISTED BELOW ARE SOME OF THE COMMON ALCOHOLS THAT FIT INTO A GLUTEN-FREE DIET.

armagnac
beer (*Bard's Tale, Green's, Redbridge*)
bourbon (*corn mash, such as Maker's Mark*)
champagne
cider (*caution: some ciders contain barley*)
cognac
gappa
grappa
onzo
port
rum
sake
sherry
sparkling wine
tequila (*100% agave only*)
vermouth
vodka (*only some are distilled from grapes or potatoes: Chopin, Ciroc, Monopolova, Roth, Smirnoff, Red Label*)
wine

SOME CELIACS FIND THEY CAN TOLERATE GRAIN SPIRITS SUCH AS BOURBON, GIN, SCOTCH, GRAIN VODKA, AND WHISKEY. EXPERIMENT SLOWLY AND AT YOUR OWN RISK.

caution.

pasta sauce (*grain vinegar/wheat*)
peppercorninis (*grain vinegar*)
pickles (*grain vinegar*)
powdered mixes (*some contain malt*)
prescription medicine (*starch filler*)
pudding (*some contain starch filler*)
salad dressing (*most contain vinegar/soy*)
salsa (*some contain grain vinegar*)
sausages (*some contain wheat flour*)
sauces (*most contain vinegar/soy*)
spices (*some contain starch filler*)
stock & broth (*some contain wheat flour*)
seitan (*gluten/soy*)
soup, canned (*some contain wheat flour*)
vanilla & other extracts (*grain alcohol*)
vinegar (*grain alcohol*)
vitamins (*some contain a starch filler*)
white pepper (*wheat flour*)
yogurt (*some contain wheat flour/MFS*)

The Gluten Free Lab has compiled this shopping guide to help you quickly identify products containing gluten. This pocket reference is not comprehensive; always read the label and contact the manufacturer if you're unsure about any of the ingredients listed.

You'll find a convenient gluten-free symbol on some food packaging. However, since the symbol isn't FDA required (*yet!*) it won't be found on all gluten-free foodstuffs, nor is the use of the symbol monitored.



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QUICK REFERENCE
GLUTEN-FREE
SHOPPING GUIDE

caution.

LISTED BELOW ARE SOME PRODUCTS THAT CAN CONTAIN HIDDEN GLUTEN SOURCES. CALL THE MANUFACTURER OR READ THE LABEL THOROUGHLY TO MAKE SURE IT'S GF.

blue cheese (*mold sometimes cultured on bread, ask your cheesemonger*)
bouillon (*modified food starch [MFS]*)
cereals (*wheat, barley, malt, malt flouring*)
chips, crackers & nuts, flavored (*most contain vinegar/soy/MFS*)
cough syrup (*grain alcohol*)
envelopes & stamps (*MFS-based glue*)
frosting (*wheat flour/MFS*)
gravy (*wheat flour/MFS*)
hot sauce (*grain vinegar*)
ice cream (*some contain wheat flour/MFS*)
ketchup (*grain vinegar*)
licorice (*wheat flour*)
marinades (*most contain vinegar/soy*)
mayo (*grain vinegar*)
mustard (*grain vinegar*)
olives (*grain vinegar*)