



Ingredients and Additives that Do Not Contain Gluten

General

Acacia Gum
Agar
Alcohol (see below for specifics)
Alfalfa
Algae
Almond
Annatto
Annatto Color

Apple Cider Vinegar
Arabic Gum Arrowroot
Artificial Flavoring
Aspartame (note some IBS type reactions have been noted to occur)

Aspic
Ascorbic Acid
Balsamic Vinegar
Benzoic Acid
Beta Carotene
BHA
BHT
Bicarbonate of Soda

Vegetables

Artichokes
Asparagus, raw
Asparagus, cooked
Asparagus, white, cooked
Bamboo Shoots
Beans, green, cooked
Beets, cooked, sliced
Bok Choy
Broccoli, raw, chopped
Broccoli, cooked, chopped
Brussels sprouts, cooked
Brussels sprouts, raw
Cabbage, Chinese, raw, shredded
Cabbage, napa, raw, shredded
Cabbage, red, raw, shredded
Carrots, raw, strips or slices
Carrots, cooked, slices
Cauliflower, raw
Cauliflower, cooked
Celery
Collard Greens, cooked
Corn, yellow, cooked
Corn, yellow, raw
Cucumber
Eggplant, raw, cubed
Eggplant, cooked, cubed

Endive, raw, chopped
Fennel
Garlic
Kale, raw, chopped
Leek, raw
Lettuce, arugula
Lettuce, Boston/Bibb, raw
Lettuce, green leaf, raw
Lettuce, red leaf, raw
Lettuce, Romaine, raw
Lettuce, Iceberg, raw
Mushrooms, raw
Mustard greens, raw, chopped
Okra, cooked
Onions, green/scallions, raw
Onions, white/red/yellow, raw
Parsley, raw
Parsnips, cooked
Peas, green, frozen, cooked
Peas, green, cooked
Peas & onions, frozen, cooked
Peas, split, dry
Peas, sugar snap, cooked
Pepper, chipotle, chili, dried
Pepper, green bell
Pepper, jalapeno
Pepper, red bell

Pepper, red chili, hot
Pepper, tomatillo
Pepper, yellow sweet
Potato, red, cooked
Potato, white, baked
Potato, sweet, cooked
Shallots, chopped
Snow peas, raw
Spinach, raw
Spinach, cooked
Spinach, frozen
Squash, acorn
Squash, butternut, cooked, cubed
Squash, summer, cooked
Swiss Chard, raw
Tomato paste
Tomato, plum
Tomato, raw
Tomato sauce, canned, no salt
Tomatoes, canned, whole
Tomatoes, cherry
Tomatoes, sun-dried
Turnips, cooked
Turnip greens, raw
Watercress, raw
Zucchini, cooked

Starches / Cereals

Cornmeal, blue
Cornmeal, yellow
Cornstarch

Grits, cooked
Rice, white & brown, cooked

Rice, wild, cooked
Tortilla, corn, 6-inch

Fruits

Apple, with and without peel
 Applesauce
 Avocado
 Banana
 Blackberries
 Blueberries
 Cherries, dried or fresh
 Cranberries, dried or raw
 Currants

Grapes, red/green, seedless
 Kiwi fruit
 Lemon
 Lime
 Mango
 Melon, cantaloupe Melon,
 honeydew
 Orange, peel, flesh, and juice

Peach
 Pear
 Pineapple, fresh
 Plum
 Prunes, dried
 Pumpkin, canned
 Raisins
 Strawberries, fresh
 Watermelon, fresh

Dairy

Buttermilk, non-fat
 Cheese, cheddar
 Cheese, cheddar, reduced fat
 Cheese, feta
 Cheese, monterey
 Cheese, mozzarella, part skim
 Cheese, parmesan

Cheese, swiss, low fat
 Cheese, yogurt
 Egg, whole, large
 Egg, white, large
 Egg, yolk large
 Milk, 2 percent
 Milk, dry, non-fat

Milk, coconut
 Milk, evaporated, non-fat
 Milk, soy (Usually O.K., check ingredients)
 Milk, whole
 Sherbet
 Sorbet
 Yogurt, plain, low-fat

Beverages

Brandy
 Redbridge Beer (Per manufacturer)
 Carbonated soda
 Champagne
 Coffee, brewed

Coffee, instant, granules
 Cognac
 Grapefruit juice
 Lemon juice
 Lime juice
 Orange juice

Sake
 Tea, brewed
 Tomato juice, canned, no salt
 V-8 juice
 Wine (U.S wines O.K.)

Fats

Butter
 Cream cheese
 Oil, canola
 Oil, corn
 Oil, grapeseed

Oil, olive
 Oil, peanut
 Oil, safflower
 Oil, sesame
 Oil, soybean

Sour cream, regular /light
 Take Control spread
 Take Control spread, light

Meats

Anchovies, fillets
 Beef, cooked, lean
 Beef, ground, fried, lean
 Beef stock, fresh
 Chicken, cooked, breast, no skin
 Chicken stock, fresh
 Clams, canned, chopped
 Clams, fresh

Crabmeat, cooked
 Fish, cod, cooked
 Fish, grouper, cooked
 Fish, haddock, cooked
 Fish, halibut, cooked
 Fish, salmon, cooked
 Fish, sole, cooked
 Fish, tuna, cooked

Lamb, cooked
 Liver, beef, cooked
 Mussels, cooked
 Pork, cooked
 Scallops, cooked
 Shrimp, cooked
 Turkey, cooked, no skin

Nuts, Legumes and Beans

Almonds	Beans, red kidney, dried, cooked	Lentils, dry, cooked
Bean sprouts, mungo, fresh	Beans, red kidney, canned	Peanuts
Beans, black, dried, cooked	Beans, lima, dried, cooked	Peanut butter, low fat
Beans, garbanzo, canned	Beans, navy, dried, cooked	Pecans, chopped
Beans, great northern, dried, cooked	Beans, navy, canned	Pine nuts
Beans, great northern, canned	Beans, pinto, dried, cooked	Pistachio nuts
Beans, kidney, dried, cooked	Beans, pinto, canned	Tahini
Beans, kidney, canned	Cashews	Walnuts, chopped
	Edamame (soybeans)	

Sweets

Chocolate, bakers, bittersweet	Gelatin, fruit flavored	Splenda (if manufactured in the United States)
Chocolate syrup, canned, Hersheys	Honey	Sugar, white or brown
Cocoa, dry, powdered	Maple syrup	Jam/jelly
	Molasses	

2, 5**Miscellaneous**

Baking powder (check label)	Mint	Sage, ground
Baking soda (check label)	Mustard, seed Olives, ripe, canned	Salt
Basil, fresh	Oregano, dried	Sesame seeds
Bay leaves, crushed Celery Seed	Paprika	Tarragon, dried
Chives Cilantro, fresh Cumin, seed Dill, fresh	Pepper	Tabasco sauce
Gelatin, dry, unflavored Ginger root	Pepper, red, ground	Thyme, dried
Jicama Root	Pickapeppa sauce	Vinegar, rice
	Pine nuts	Vinegar, wine
	Pumpkin seeds	Wasabi root ⁴
	Rosemary	Worcestershire sauce
	Saffron	Lea & Perrins brand)
		Yeast, dry, active

Notes:

1. Some prepackaged shredded cheeses do contain small amounts of flour to prevent the product from sticking. Check the label carefully.
2. Fresh herbs and spices are safe. In a ground and packaged form, use caution as some manufacturers do use trace amounts of flour to prevent the product from caking. Most major manufacturers, such as McCormick, do state their single herb or spice products are gluten and additive free.
3. Many commercial spray oils use grain alcohol as a propellant. Check the label carefully, or purchase a pump sprayer and fill yourself.
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5. Lea & Perrins states that their Worcestershire products are gluten free, but ONLY the product distributed in the U.S. Other brands should be checked carefully for malt vinegar.
6. Heinz states that their brand of Red Wine Vinegar, Distilled White Vinegar, Apple Cider Vinegar, and Apple Cider Flavored Vinegar are gluten free, as are all of their varieties of Heinz Ketchup. Also gluten-free are Heinz Organic Ketchup, One Carb Ketchup, No Sodium Added Ketchup, and Heinz Hot & Spicy Kick'rs.