

Naturally *Gluten Free* Foods



Fruit

apples
bananas
berries
cherries
citrus
grapes
kiwis
melons
mango
peaches
pears
pineapple
plums



Vegetables

asparagus
broccoli
brussels sprouts
cauliflower
cabbage
carrots
celery
corn
cucumbers
green beans
garlic
kale
onions
peas
peppers
potatoes
salad greens
spinach
squash
tomatoes



Nuts & Seeds

almonds
brazil nuts
cashews
chia seeds
flax seeds
hemp seeds
peanuts
pecans
pistachios
pumpkin seeds
sunflower seeds
walnuts



Other Fresh

mushrooms
avocados
herbs

Naturally *Gluten Free* Foods



Dried

beans
buckwheat
canned fruits
canned vegetables
lentils
millet
nut butters
oats
popcorn
quinoa
rice
spices



Alternatives

almond flour
chickpea flour
coconut flour
corn starch
corn tortillas
oat flour
rice flour
rice noodles
tapioca starch



Liquids

honey
coconut aminos
maple syrup
olive oil
vinegar

Look for the Logo



Always Check Your Labels!

Avoid anything that says **“Many Contain Wheat or Gluten”**

Look for the designation of **“Certified Gluten Free”**