

Item	Foods Allowed	Foods to Question	Foods Not Allowed
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Fresh, frozen and canned vegetables</li> <li>Vegetable juices</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables with sauces</li> <li>French-fried potatoes (especially where gluten-containing foods may be cooked in same oil)</li> <li>Potato wedges with seasonings</li> </ul>	<ul style="list-style-type: none"> <li>Scalloped potatoes (containing wheat flours)</li> <li>Coated or seasoned french fries</li> <li>Battered deep-fried vegetables</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>Fresh, frozen and canned fruit</li> <li>Plain fruit juices</li> </ul>	<ul style="list-style-type: none"> <li>Dates</li> <li>Fruits with sauces</li> <li>Fruit juices or smoothies with barley or wheat grass</li> </ul>	<ul style="list-style-type: none"> <li>Fruits in desserts made from grains containing gluten, muffins, cakes, etc.</li> </ul>
<b>Salads</b>	<ul style="list-style-type: none"> <li>Salads with allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>Salads with sauces or dressings</li> </ul>	<ul style="list-style-type: none"> <li>Salads with croutons or pasta made from grains containing gluten</li> </ul>
<b>Grain Products</b>			
<ul style="list-style-type: none"> <li><b>Breads &amp; Baked Goods</b></li> </ul>	<ul style="list-style-type: none"> <li>Items made with amaranth, arrowroot starch, buckwheat, corn bran, corn flour, cornmeal, cornstarch, flax, kaniwa, legume flours (bean, garbanzo/chickpea, lentil, pea), mesquite flour, millet, nut flours (almond, chestnut, hazelnut, walnut), potato flour, potato starch, <b>PURE</b> gluten free oat products, quinoa, rice (black, brown, green, purple, red, white, wild), rice bran, rice flours, rice polish, sago, sorghum flour, soy flour, sweet potato flour, tapioca</li> </ul>	<ul style="list-style-type: none"> <li>Foods made with buckwheat flour</li> <li>Seasoned or flavoured rice mixes</li> <li>Multigrain or flavoured rice crackers and rice cakes</li> <li>Oats (oat bran, oat flour, oat groats, rolled oats/oatmeal, steel cut oats)</li> </ul>	<ul style="list-style-type: none"> <li>Wheat (all types including durum, einkorn, emmer, farro, kamut, spelt), wheat bran, wheat flour, wheat germ, wheat gluten, wheat starch, wheat farina, wheat-based semolina,</li> <li>Atta, barley, couscous, graham flour, triticale, rye</li> <li>Commercial oat products: oat bran, oat flour, oat groats, oatmeal, steel cut oats due to contamination with wheat grains</li> <li>Pastas made from grains not allowed</li> </ul>

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	(cassava, manioc), taro (dasheen/eddo), teff		
<ul style="list-style-type: none"> <li>• <b>Hot Cereal</b></li> </ul>	<ul style="list-style-type: none"> <li>• Amaranth, buckwheat grits, corn grits, corn meal, cream of rice (brown and white), hominy grits, millet grits, quinoa, rice flakes, soy flakes, soy grits</li> <li>• <b>PURE</b> gluten free rolled oats/oatmeal and steel cut oats</li> </ul>		<ul style="list-style-type: none"> <li>• Cream of wheat, regular oatmeal, Red River Cereal®</li> <li>• Other hot cereals made with wheat, rye, triticale, barley and/or contaminated oats</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Cold Cereal:</b></li> </ul>	<ul style="list-style-type: none"> <li>• Puffed gluten-free grains (amaranth, buckwheat, corn, millet, rice, sorghum), gluten-free cornflakes, gluten-free crisp rice, gluten-free granola, rice flakes, soy-based cereals, other cereals with allowed ingredients</li> </ul>		<ul style="list-style-type: none"> <li>• Corn flakes®, Rice Krispies®, Bran Flakes®, All Bran Buds, Cheerios®, Raisin Bran®, Puff Wheat</li> <li>• Other cold cereals made with wheat, rye, triticale, barley or contaminated oats</li> <li>• Cereals made with added barley malt, extract or flavouring</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Other grains/s tarches:</b></li> </ul>	<ul style="list-style-type: none"> <li>• Pastas made from allowed flours</li> <li>• Plain rice, rice crackers, rice cakes, rice tortillas</li> <li>• Corn tortilla/tacos</li> </ul>	<ul style="list-style-type: none"> <li>• Buckwheat pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Pastas made with ingredients not allowed</li> <li>• Wheat flour tacos, tortillas and wraps</li> <li>• Pizza crust</li> <li>• Stuffing and Dressing made with unacceptable ingredients</li> <li>• Soda crackers and other crackers made with ingredients not allowed</li> <li>• Waffles or Pancakes made with wheat flour</li> <li>• Perogies</li> <li>• Croutons</li> <li>• Muffins and other baked goods made from ingredients not allowed</li> </ul>

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<b>Milk &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>• Milk, cream, buttermilk, yogurt, sour cream, whipping cream, most ice creams and frozen yogurts</li> <li>• Hard and soft cheeses, cream cheese, processed cheese and cheese foods, cottage cheese</li> <li>• Most non-dairy beverages (ex. flax, hemp, potato, quinoa, rice,soy); soy based products, coconut or soy yogurt, non-dairy ice creams</li> </ul>	<ul style="list-style-type: none"> <li>• Dips with cream cheese or sour cream, cheese sauces, cheese spreads, seasoned/flavoured shredded cheese or cheese blends</li> </ul>	<ul style="list-style-type: none"> <li>• Malted milk made with unacceptable ingredients</li> <li>• Yogurt with granola</li> <li>• Ice cream or frozen yogurt made with ingredients not allowed</li> <li>• Non-dairy beverages made with barley malt, and/or extract or flavouring</li> </ul>
<b>Meat &amp; Alternatives</b>	<ul style="list-style-type: none"> <li>• Fresh, frozen or canned meat, poultry, fish, seafood</li> <li>• Gluten-free breaded meat, poultry, fish, seafood</li> <li>• Plain fresh, liquid, dried or powdered eggs</li> <li>• Lentils, dried peas, dried beans, plain tofu</li> <li>• Plain nuts and seeds and their butters</li> </ul>	<ul style="list-style-type: none"> <li>• Deli or luncheon meats, hotdogs, sausages, meat/sandwich spreads, frozen meat patties, meatloaf, ready-to-cook ham, dried meat, imitation bacon bits, imitation crab or lobster, seasoned fish products, meat substitutes (check with manufacturer)</li> <li>• Seasoned or flavoured eggs</li> <li>• Canned beans in sauce</li> <li>• Flavoured tofu</li> <li>• Seasoned or dry roasted nuts and seeds</li> <li>• Nut butters (peanut, almond, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Fish canned in vegetable broth with hydrolyzed wheat protein</li> <li>• Frozen chicken breasts with chicken broth containing unacceptable ingredients</li> <li>• Frozen turkey basted or injected with hydrolyzed wheat protein</li> <li>• Breaded meat, poultry, fish with unacceptable ingredients</li> <li>• Egg dishes made with ingredients not allowed</li> <li>• Meat substitutes made with ingredients not allowed</li> </ul>
<b>Soups</b>	<ul style="list-style-type: none"> <li>• Gluten-free bouillon cubes, dried soup bases, prepared broths, cream soups and stocks; homemade soups and stocks made from allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Prepared broths and soups</li> <li>• Dried soup mixes</li> <li>• Soups bases</li> <li>• Soup mixes</li> <li>• Bouillon cubes</li> </ul>	<ul style="list-style-type: none"> <li>• Soups made with mixes and bouillon containing gluten or hydrolyzed wheat protein, wheat starch, wheat flour and other ingredients not allowed</li> </ul>

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<b>Oils &amp; Fats</b>	<ul style="list-style-type: none"> <li>• Butter, cream, margarine, lard, shortening, vegetable oil, mayonnaise, salad dressing with allowed ingredients</li> </ul>	<ul style="list-style-type: none"> <li>• Cooking spray</li> <li>• Salad dressings</li> </ul>	<ul style="list-style-type: none"> <li>• Salad dressing made with ingredients not allowed</li> </ul>
<b>Desserts &amp; Sweets</b>	<ul style="list-style-type: none"> <li>• Most ice creams, sherbet, whipped toppings, whipping cream, egg custard, gelatin desserts, milk pudding made with allowed ingredients</li> <li>• Cakes, cookies, pies, pastries made with allowed ingredients</li> <li>• Gluten-free ice cream cones, wafers, and waffles</li> <li>• Honey, jam, jelly, marmalade, corn and maple syrup, molasses, sugar, icing sugar, plain cocoa, pure baking chocolate, pure or artificial vanilla extract, coconut, artificial sweeteners</li> </ul>	<ul style="list-style-type: none"> <li>• Cake icing and frosting</li> <li>• Hard candies, Smarties®, chocolates and chocolate bars with wafers and cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Bread pudding, cakes, cookies, muffins, pies, pastries, ice cream cones, wafers and waffles made with ingredients not allowed</li> <li>• Regular licorice and other candies made with ingredients not allowed</li> </ul>
<b>Fluids</b>	<ul style="list-style-type: none"> <li>• Tea</li> <li>• Instant or ground coffee (regular or decaf)</li> <li>• Cocoa</li> <li>• Soft drinks</li> <li>• Distilled alcohol and gluten free beers, wine</li> <li>• Nutritional Supplements (Boost® /Ensure®)</li> </ul>	<ul style="list-style-type: none"> <li>• Flavoured and herbal tea</li> <li>• Flavoured coffee, coffee substitutes</li> <li>• Hot chocolate mixes</li> <li>• Flavoured alcoholic beverages (e.g. Coolers, ciders and Caesar vodka beverages)</li> </ul>	<ul style="list-style-type: none"> <li>• Malted beverages, malt extract</li> <li>• Non-dairy beverages made with barley</li> <li>• Beer, ale and lagers made from barley, wheat or rye</li> </ul>
<b>Miscellaneous</b>	<ul style="list-style-type: none"> <li>• Plain pickles, relish, ketchup, plain prepared mustard, tomato paste, vinegars, gluten-free soy sauce, gluten-free teriyaki sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Baking powder</li> <li>• Seasoning mixes</li> <li>• Rice vinegar</li> <li>• BBQ sauces</li> <li>• Worcestershire sauce</li> <li>• Salsa</li> <li>• Curry paste</li> </ul>	<ul style="list-style-type: none"> <li>• Soy sauce, tamari, teriyaki sauce, malt vinegar, miso, other sauces and gravies made from wheat flour, hydrolyzed wheat</li> </ul>

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	<ul style="list-style-type: none"> <li>• Pure herbs and spices, black pepper</li> <li>• Baking soda, cream of tartar, MSG</li> <li>• Guar gum, xanthan gum, psyllium husks</li> <li>• Active dry, baker's or nutritional yeast</li> </ul>	<ul style="list-style-type: none"> <li>• Yeast extract</li> </ul>	<ul style="list-style-type: none"> <li>protein or other unacceptable ingredient</li> <li>• Brewer's yeast</li> </ul>

**Notes:**

- It is important to check labels thoroughly. Manufacturing companies may change product recipes/formulas without notice.
- Avoid cross contamination. Frequent common cross continuation areas include: deep fryers, toasters, utensils and cutting boards.

**References:**

- Source: [Celiac Canada](#)
- Dietitians of Canada - Practice Based Evidence in Nutrition (PEN): Gluten- Free Eating, 2018.