



Naturally Gluten-Free Foods

Anytime you choose to follow a particular diet lifestyle, it means being choosy about the foods you feed yourself. Inevitably, you begin to think, "I can't eat **anything!**" In truth, there are a ton of foods that are naturally gluten-free. While certainly not an all-inclusive list, here is a generous helping of foods you can eat today... even on a gluten-free diet.

Click here for a [gluten-free product list](#) complete with name brands.

<p><u>Vegetables</u></p> <ul style="list-style-type: none"> Artichokes Arugula Asparagus Avocado Beans Beets Broccoli Brussels sprouts Cauliflower Cabbage Carrots Celery Corn Cucumber Eggplant Garlic Green beans Kale Lettuce Mushrooms Okra Onions Parsley Peas 	<p>Fruits</p> <ul style="list-style-type: none"> Acai Apples Apricot Bananas Blackberries Blueberries Cantaloupe Carobs Cherry Cranberries Currants Dates Figs Grapes Guavas Honeydew melons Kiwis Kumquat Lemons Limes Mandarin Mangoes Oranges Papaya 	<p>Meat and Poultry</p> <ul style="list-style-type: none"> Beef Buffalo Chicken Duck Goat Goose Lamb Pork Rabbit Turkey Quail Veal Venison <p>Dairy and Eggs</p> <ul style="list-style-type: none"> Butter (check for gluten containing additives) Cheese (except for blue cheese) Eggs Milk Yogurt (plain, unflavored)
--	--	---

Peppers Potatoes Pumpkin Radish Spinach Squash Sweet potatoes Turnips Watercress	Passion fruits Peaches Pears Pineapples Plantains Plums Persimmons Quince Raspberries Strawberries Tamarind Tangerines Watermelons	<u>Breads, Cakes and Biscuits</u> most rice crackers corn cakes rice crispbreads corn tortillas corn taco shells <u>Pasta & Noodles</u> rice noodles rice or bean vermicelli 100 per cent buckwheat noodles
<u>Grains and Flours</u> Almond flour Amaranth Arrowroot Bean flour Besan Brown rice Brown rice flour Buckwheat Cassava Corn flour Corn meal Corn starch Cottonseed Dal Flaxseed Job's tears Manioc Millet Milo Pea flour Polenta Potato flour Quinoa Rice Rice flour Sago Soy flour Tapioca flour Taro flour Tef Yucca	<u>Cereals & Baking Products</u> corn (maize) flour soya flour lentil flour rice (all types) rice flour rice bran potato flour buckwheat millet amaranth breakfast cereals made from corn and rice without malt extract cream of rice psyllium <u>Condiments</u> tomato paste tahini jam honey maple syrup cocoa all kinds of vinegars (except malt) some sauces some salad dressings <u>Miscellaneous</u> Herbs Spices Nuts Coconut	<u>Snacks</u> plain chips corn chips popcorn plain chocolate <u>Beverages</u> tea chocolate made with cocoa carbonated drinks fruit juices coffee mineral water wine spirits and liqueurs <u>Gelatin</u> Gelatin desserts selected pudding mixes ice cream, sherbet or yogurt, without suspect additives, wheat flour or gluten stabilizers custard junket <u>Fats & Oils</u> Olive oils soy safflower grape seed sunflower corn oils canola

	Chocolate Pure Cocoa	margarines butter lard cream cottonseed pure mayonnaise peanut butters hydrogenated soy oils
--	-------------------------	---

Free list of naturally gluten-free products provided by
[GlutenFreeProductList.com](http://www.glutenfreeproductlist.com). Visit us often and tell your friends!

<http://www.glutenfreeproductlist.com/Naturally%20Gluten-Free%20Foods.pdf>