

## Gluten free

## Not gluten free

## Grains and alternatives

Amaranth, buckwheat, chestnut, corn (maize), millet, polenta (cornmeal), quinoa, rice, sago,
sorghum, soya, tapioca, teff
Flours

## Bread,

cakes
and biscuits

## Breakfast cereals

Pasta and noodles

Meat and poultry

## Meatless alternatives

## Fish and

shellfish
Cheese and eggs

## Milk and milk

 productsAll dried, fresh, kippered and smoked fish, shellfish, fish canned in brine, oil and water

Cheese with no added ingredients and eggs

Fresh milk, all cream (single, double, whipping clotted, soured and crème fraiche), buttermilk, plain fromage frais,
plain yoghurt

Most people can eat uncontaminated oats labelled gluten free. Products include gluten free oats, oatcakes and oat based products
All products labelled gluten free including biscuits, breads, cakes, crackers, muffins, pizza bases, rolls, scones

All products labelled gluten free including millet porridge, muesli, rice porridge, corn and rice based cereals

All products labelled gluten free including corn (maize) pasta, quinoa pasta, rice pasta

All fresh meats and poultry, cured
pure meats, plain cooked meats, smoked meats

Plain tofu

| Need to check |
| :--- | | Use your Food and Drink Guide |
| :--- |
| to choose suitable products. Flours |
| from all grains may be contaminated |
| through milling |

Barley, bulgar wheat, couscous, dinkel, durum wheat, einkorn, emmer wheat, farro, freekeh, khorasan wheat (Kamut ${ }^{\oplus}$ ), pearl barley, rye, semolina, spelt, triticale, wheat
Flours made from wheat, rye or barley eg plain flour, self raising flour etc

Porridge oats, oat milk, oat based snacks that are not labelled gluten free

All biscuits, breads, cakes, chapattis, crackers, muffins, pastries and pizza bases made from wheat, rye or barley flour
Muesli, wheat based breakfast cereals breakfast cereals and those that contain barley malt extract

Rice noodles, buckwheat noodles

Any meat or poultry marinated or in a sauce, burgers, meat pastes, patés, sausages
Marinated tofu, soya mince, falafel, vegetable and bean burgers, vegetarian and vegan sausages

Fish pastes, fish patés, fish in sauce

Cheese with added ingredients

Coffee and tea whiteners, condensed milk, dried milk, fruit and flavoured yoghurt or fromage frais, soya desserts, soya milk, soya yoghurt, rice milk, nut milks

This information is for guidance only and should not replace advice given by your healthcare professional.

|  | Gluten free | Need to check | Not gluten free |
| :--- | :--- | :--- | :--- |
| Fats and oils | Butter, cooking oils, ghee, lard, <br> margarine, reduced and low fat spreads | Suet |  |
| Fruits and <br> vegetables | All canned, dried, fresh, frozen and <br> juiced pure fruits and vegetables, <br> pickled vegetables in vinegar | Fruit pie fillings, processed <br> vegetable products (such as <br> cauliflower cheese) | Vegetables and fruit in batter, <br> breadcrumbs or dusted with flour |
| Potatoes | All plain potatoes, baked, boiled <br> or mashed | Oven, deep fried, microwave and <br> frozen chips, instant mash, potato <br> waffles, ready to roast potatoes | Potatoes in batter, <br> breadcrumbs or dusted with <br> flour, potato croquettes |
| Nuts, seeds <br> and pulses | Plain nuts and seeds, all pulses (peas, beans, <br> lentils) | Dry roasted nuts, pulses in <br> flavoured sauce (such as <br> baked beans) |  |
| Savoury snacks | Homemade popcorn, plain rice cakes | Flavoured popcorn, potato and <br> vegetable crisps, flavoured rice cakes <br> and rice crackers | Snacks made from wheat, rye or barley, <br> pretzels, breadsticks |
| Spreads, <br> fillings and <br> dips | Conserves, glucose syrup, golden <br> syrup, honey, jam, marmalade, molasses, <br> treacle | Lemon curd, mincemeat, peanut <br> and other nut butters, yeast extract, <br> prepared dips | Taramasalata |
| Soups, <br> sauces, <br> pickles <br> and <br> seasonings | All vinegars (including barley malt <br> vinegar), garlic puree, ground pepper, <br> individual herbs and spices, mint <br> sauce, mixed herbs and spices, <br> mustard powder, salt, tomato puree, <br> Worcestershire sauce | Blended and powdered seasonings, <br> brown sauce, canned, packet or fresh <br> soups, chutney, curry powder, <br> dressings, gravy granules, mayonnaise, <br> mustard products (such as English <br> mustard), packed and jarred sauces <br> and mixes, pickles, salad cream, stock <br> cubes, tamari (Japanese soy sauce), <br> tomato sauce | Chinese soy sauce |
| Alcohol | Chocolates, ice cream, mousses, | Ice cream cones and wafers, <br> liquorice sweets, puddings made |  |
| Liqueurs, port, sherry, spirits, wine |  |  |  |

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## Helping you live gluten free

We're working in retail, catering and manufacturing to make things better for you. When you see our symbols of choice, quality and safety, you know that we've been there making sure your needs are met:

a quick and easy way to identify safe food and drinks to make your shopping trip easier

our stamp of approval for venues that cater gluten free so you can enjoy eating out
a commitment from supermarkets to stock your gluten free essentials to make finding food easier.
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