

## GLUTEN FREE AND GLUTEN CONTAINING FOODS

<b>Food group</b>	<b>Gluten Free Alternative</b>	<b>Gluten Containing</b>
Grains and flours	Rice, rice bran, rice flour, corn/maize, buckwheat, arrowroot, potato flour, tapioca, soy flour, besan (chickpea) flour. Gluten free pasta and bread.	Wheat and wheat flour, wheat bran, oats, spelt, barley, rye and rye flour, pasta, noodles, semolina, and all baked foods made from these flours.
Dairy products and eggs	Eggs, milk, cream, butter, cheese.	Cheese spreads.
Meat products	All OK. Gluten free sausages are available from local or specialty butchers.	Some luncheon meats and sausages may contain gluten.
Fruit and vegetables	All OK.	Flavoured packet potato chips.
Nuts, seeds and pulses	All OK.	Some brands of baked beans may use a gluten containing sauce.
Beverages	Tea, coffee, herb tea, fizzy drinks, fruit squash, cocoa, marmite, most alcoholic drinks.	Barley based drinks, barley fruit drinks, malted drinks, beer, some soy milks contain gluten
Preserves and confectionary	Jam, marmalade, sugar, honey, treacle, molasses, golden syrup, some brands of chocolate & sweets.	Confectionary containing flour.
Soups and sauces	Gluten-free if thickened with a suitable flour.	Some manufactured sauces, stock cubes, and soups contain gluten.
Miscellaneous	Salt, pepper, vinegar, herbs & spices, tamari, yeast, most food colourings and essences.	Some pepper compounds, shoyu (soy sauce), ready-mix spices, some seasoning powders, some brands of mustard. Some medicines may contain gluten.

Check labels of all packaged foods. Many food products are now labelled as “Gluten Free” or “Contains Gluten”.