

# GLUTEN FREE CHEAT SHEET

by StartGlutenFree.com

Simply cut out the top below pieces and glue or paste them together. Fold them over, and you have a business card size cheat sheet to take to the supermarket with you.

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## GLUTEN FREE CHEAT SHEET

**REMEMBER, YOU CAN ALWAYS HAVE...**

Herbs	GF grains, such as corn, rice, amaranth, quinoa, millet and buckwheat	Beans
Spices	Fruit	Dairy
All natural products (nothing added)	Nuts	Potatoes
Meats/Fish		Fats
Vegetables		Plant-based Milks

## DANGER WORDS

Graham	Rye	Spelt
Wheat, also called: wheat, durum, semolina, bran, bleached or unbleached flour (enriched or otherwise)	Barley, also called: malt or malt flavoring	Einkorn
	Oats – (cross contamination risk! “Certified Gluten Free Oats” are fine)	Emmer
		Farro
		Kamut
		Triticale

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## APPROVED BRANDS

<b>ESSENTIALS</b>	Arrowhead Mills	Ktoos Cookies (chocolate sandwich cookies)
Better Batter Gluten Free Flour Products	Certified GF Organic Cornmeal	
A good GF cereal (like Chex or Envirokids)	Canyon Bakehouse Gluten Free Breads	Glutino Pretzels
Tinkyada or Rizopia Dry Pastas	<b>FUN FOODS</b>	Enjoy Life Foods Mini Chocolate Chips and Chocolate Chunks
	Udi’s or Three Bakers Breads	