

	Gluten Free Foods	Foods to check	Gluten Containing Foods
Cereals & Flour	Corn, rice, rice flour, amaranth, buckwheat, millet, teff, quinoa, sorghum, soya flour, potato starch, modified starch, potato flour, gram flour, polenta (cornmeal), sago, tapioca, cassava, urid flour	Some natural grains can be milled with wheat, barley or rye which means they can be contaminated, so check the label. Flavoured savoury rice products, oats.	Wheat, bulgar wheat, durum wheat, wheat bran, wheat rusk, wheat flour, wheat starch, modified wheat starch, wheat protein, rusk, semolina, couscous, barley, barley malt, barley flour, rye, rye flour, triticale, kamut, spelt.
Breads, Cakes & Biscuits	Products specifically labelled as gluten free, including breads, biscuits, crackers, cakes, pizza bases, rolls and flour mixes	Meringues, macaroons	All breads and rolls, chapattis, biscuits, crackers, cakes, pastries, scones, muffins, pizza made from wheat, rye or barley flour
Breakfast cereals	Products specifically labelled as gluten free, including muesli, oats (if tolerated), rice porridge, millet porridge	Buckwheat, corn, malted breakfast cereals, oats not labelled as gluten free.	Wheat-based breakfast cereals
Pasta & Noodles	Corn pasta, rice pasta, gluten free pasta, rice noodles, rice pasta		Canned, dried and fresh wheat noodles and pasta
Fruit & Vegetables	All fresh, frozen, canned and dried pure fruits and vegetables.	Fruit pie fillings, processed vegetables like cauliflower cheese, potato products - oven, microwave and frozen chips, instant mash, waffles	Vegetables and fruit in batter and breadcrumbs or dusted with flour.
Dairy Products	All cheeses, all milk (liquid & dried), all cream (single, double, whipping, clotted, soured and crème fraiche), buttermilk, plain yoghurt, plain fromage frais	Coffee and tea whiteners, oat milk, fruit and flavoured yoghurt/fromage frais, rice milk, soya milk	Milk with added fibre, yoghurt and fromage frais containing muesli or cereals
Meat, fish & eggs	All fresh meats & poultry, smoked meats, cured pure meats, plain cooked meats	Meat pastes, pates, sausages, burgers, if the meat is in a sauce- check the sauce is gluten free!	Meat and poultry cooked in batter or bread crumbs, faggots, rissoles, haggis, breaded ham
Fish & Shellfish	All fresh fish and shellfish, smoked, kippered and dried fish, fish canned in oil or brine	Fish in sauce, fish pastes and pates	Fish in batter or breadcrumbs, fish cakes, taramasalata, fish fingers
Fats & oils	Butter, margarine, lard, cooking oils, ghee, reduced and low-fat spreads	Suet, vegetarian suet	
Savoury snacks	Homemade popcorn, rice cakes, rice crackers, gluten free crackers and pretzels. All plain nuts and seeds	Dry roasted nuts, pretzels, potato and vegetable crisps	Snacks made from wheat, rye, barley
Drinks	Tea, coffee, cocoa, fruit juice, squash, clear fizzy drinks, wine, spirits, cider, sherry, port, liquors, gluten free beers, ginger beer	Drinking chocolate, cloudy fizzy drinks, hot chocolate, cola	Malted milk drinks, barely waters/squash, beer, lager, ales, stouts