

# Gluten and Food Checklist

## Gluten-Free Foods (Safe):

<input type="checkbox"/> Fresh fruits and vegetables
<input type="checkbox"/> Legumes (lentils, chickpeas, beans...)
<input type="checkbox"/> Rice, corn, quinoa, amaranth, buckwheat, millet, teff, and sorghum
<input type="checkbox"/> Fresh meat and fish (unprocessed)
<input type="checkbox"/> Eggs
<input type="checkbox"/> Aged cheeses and natural dairy products
<input type="checkbox"/> Vegetable oils (olive, sunflower, etc.)
<input type="checkbox"/> Natural nuts and seeds

## Foods with Gluten (Not Safe):

<input type="checkbox"/> Wheat (and all its varieties: spelt, kamut, farro)
<input type="checkbox"/> Barley
<input type="checkbox"/> Rye
<input type="checkbox"/> Oats not certified gluten-free
<input type="checkbox"/> Bread, pastries, cookies, and traditional cakes
<input type="checkbox"/> Pasta made with wheat flour
<input type="checkbox"/> Breakfast cereals with gluten
<input type="checkbox"/> Industrial breaded or battered foods

## Foods That May Contain Gluten:

<input type="checkbox"/> Cured meats and cold cuts
<input type="checkbox"/> Pâtés
<input type="checkbox"/> Industrial sauces (soy, barbecue, etc.)
<input type="checkbox"/> Bouillon cubes and prepared soups
<input type="checkbox"/> Industrial dairy desserts

☐ Ice creams with cookies or syrups

☐ Chocolates and candies

☐ Ready-made meals

**[glutendroppers.com](http://glutendroppers.com)**