



Official reprint from UpToDate®

www.uptodate.com © 2022 UpToDate, Inc. and/or its affiliates. All Rights Reserved.

Wolters Kluwer

Gluten-free foods

Amaranth	Flax (seed, flax seed meal/flour) and Chia (seed, flour)	Quinoa
Arrowroot	Legume flours (chick pea, lentil)	Rice (flour, bran, rice blends), wild rice
Bean flours (garbanzo, black bean, etc.)	Mesquite flour	Sorghum
Buckwheat	Millet	Soy flour
Cassava	Nut flours (almond, hazelnut) and seed flours (pumpkin, sunflower)	Tapioca (flour, starch, pearls)
Coconut flour	Oats (bran, flour) choose uncontaminated, labeled gluten-free oats	Teff
Corn (grits, meal, starch, flour, bran)	Potato (flour, starch)	

The foods listed above are naturally gluten-free. However, naturally gluten-free grains, flours, nuts, seeds, and products made from them may be contaminated with wheat, barley, and/or rye. All grains, starches, and flours made from the foods above must be labeled gluten-free, except for plain rice and plain wild rice: Choose labeled gluten-free nuts and seeds whenever possible, particularly seasoned or dry roasted.

Adapted from: Dennis M, Case S. Going gluten-free: a primer for clinicians. Pract Gastroenterol 2004; 28:86.

Graphic 54353 Version 11.0