

## Gluten Free Foods You Can Eat

**Real Food:** *As you adjust to a strict gluten free diet eat as many whole foods as you can. This will be good for you and give you time to learn how to read labels for hidden gluten in many processed foods. Read any ingredient with a label.*

### **VEGETABLES**

Lettuce  
Arugula  
Radicchio  
Fresh herbs  
Spinach  
Kale  
Avocado  
Radish  
Rhubarb  
Swiss chard  
Broccoli  
Cauliflower  
Peas  
String beans  
Carrots  
Potatoes  
Corn  
Celery  
Cucumbers  
Peppers  
Tomatoes  
Zucchini  
Eggplant  
Onions  
Leeks  
Pumpkin  
Mushrooms  
Beets  
Turnips  
Rutabaga  
Kohlrabi  
Okra  
Yams  
Artichokes  
Bok choy  
Daikon  
Cabbage  
Garlic  
Ginger root

Butternut squash  
Spaghetti squash  
Acorn squash  
Sweet Potatoes  
Brussels sprouts

### **FRUIT**

Apples  
Oranges  
Lemons  
Limes  
Grapefruit  
Strawberries  
Blueberries  
Raspberries  
Cranberries  
Cherries  
Kiwi Fruit  
Grapes  
Pears  
Apricots  
Plums  
Figs  
Peaches  
Watermelons  
Cantaloupe  
Honey Dew  
Pineapple  
Pomegranate  
Coconut  
Mango  
Papaya  
Goose berries  
Saskatoon berries  
Huckleberries

### **RICE**

*Unseasoned*  
White, Brown &  
Wild

### **NUTS**

Walnuts  
Almonds  
Pecans  
Hazelnuts  
Peanuts  
Pistachios  
Cashews  
Chestnuts  
Macadamias  
Pine Nuts  
Brazil Nuts & *more*

### **SEEDS**

Pumpkin seeds  
Flax seeds  
Sunflower seeds  
Sesame seeds  
Hemp seeds  
Chia seeds & *more*

### **EGGS & DAIRY**

Eggs  
Butter  
Milk & cream  
Cheese – *plain, full fat cheese with no flavourings or additional ingredients are usually gluten free*

### **SINGLE INGREDIENT FOODS**

*All Unflavoured*  
Oil, Vinegar,  
Honey, Lentils,  
Chickpeas, Dry  
beans & *more*

*\*All unseasoned & any cut*

### **MEAT\***

Beef, Pork,  
Lamb, Bison,  
Venison & *more*  
(Roasts,  
Tenderloin, Steaks,  
Ribs, Chops,  
Ground)

### **POULTRY\***

Chicken, Turkey,  
Duck, Goose, Quail,  
Pheasant & *more*  
(Whole, Breasts,  
Thighs, Wings,  
Drumsticks,  
Ground)

### **FISH\***

Salmon, Cod,  
Haddock, Pollock,  
Flounder, Pike,  
Halibut, Bass,  
Branzino, Tuna,  
Mahi-Mahi, Trout,  
Red Snapper,  
Artic Char, Catfish,  
Pickerel, Perch,  
Monkfish, Tilapia,  
Swordfish & *more*

### **SHELLFISH\***

Shrimp, Crayfish,  
Crab, Lobster,  
Scallops, Mussels,  
Clams, Oysters,  
Octopus, Squid,  
Snails & *more*