



Department of Gastroenterology  
484 Golden Autumn Way Suite 201  
Bowling Green, KY 42103  
Phone: (270) 781-5111 Fax: (270) 780-0475  
[www.gravesgilbert.com/departments/gastroenterology](http://www.gravesgilbert.com/departments/gastroenterology)

### Gluten-Free Diet Guidelines

#### MILK PRODUCTS

- Foods Allowed:** ● milk ● cream ● buttermilk ● plain yogurt ● cheese  
● cream cheese ● processed cheese ● cottage cheese
- Foods to Question:** ● milk drinks ● flavored yogurt ● frozen yogurt ● sour cream
- Foods Not Allowed:** ● malted milk

#### GRAIN PRODUCTS BREADS

- Foods Allowed:**  
**Bread & baked products made from:** ● corn ● rice ● soy ● arrowroot ● pea flour  
● corn starch ● potato starch ● potato flour ● whole-bean flour ● tapioca ● sago  
● rice bran ● cornmeal ● buckwheat ● millet ● flax ● teff ● sorghum ● amaranth ● quinoa
- Foods Not Allowed:**  
Breads & Baked products containing the following: ● wheat ● rye triticale ● barley ● oats  
● wheat germ ● wheat bran ● graham flour ● gluten flour ● durum flour ● wheat starch  
● oat bran ● bulgur ● farina ● wheat-based semolina ● spelt ● kamut  
● imported foods labeled “gluten-free” which may contain ingredients not allowed, e.g., wheat starch

#### Hot Cereals

- Foods Allowed:** ● cream of rice ● soy cereal ● hominy ● hominy grits ● brown & white rice  
● buckwheat grains ● millet ● cornmeal ● quinoa flakes
- Foods to Question:** ● rice cereals ● corn cereals ● rice & soy pabulum
- Foods Not Allowed:** Cereals made with ingredients not allowed: ● wheat ● rye ● triticale  
● barley ● oats

#### Cold Cereals

- Foods Allowed:** ● puffed corn ● puffed rice ● puffed millet ● rice flakes
- Foods Not Allowed:** ● malt extract ● malt flavoring

#### Pastas

- Foods Allowed:** ● macaroni ● spaghetti ● noodles from rice, corn or soy ● quinoa  
● beans ● potato ● pea ● other allowed flours

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## Pastas

**Foods Not Allowed:** ● wheat ● wheat starch ● other ingredients not allowed

## Miscellaneous

**Foods Allowed:** ● corn taco shells ● corn tortillas

**Foods to Question:** ● rice crackers ● some rice cakes ● popped corn cakes

**Foods Not Allowed:** ● wheat flour taco shells ● wheat flour tortillas

## MEAT & PROTEIN: Meat, Fish & Poultry

**Foods Allowed:** All meat that is: ● fresh ● frozen ● canned ● salted ● smoked

**Foods to Question:** Prepared or preserved meats such as: ● lunch meat ● ham ● bacon  
● meat & sandwich spreads ● frozen meats patties ● sausages ● pate ● wieners  
● bologna ● salami ● imitation meats or fish products ● meat product extenders

**Foods Not Allowed:** Fish canned in vegetable broth containing: ● hydrolyzed vegetable protein (HVP)  
● hydrolyze plant protein (HPP) or from ingredients not allowed  
● turkey basted or injected with HVP/HPP

## Eggs

**Foods Allowed:** ● eggs

**Foods to Question:** ● egg substitutes ● dried eggs ● egg whites

## Other

**Foods Allowed:** ● lentils ● chickpeas ● peas ● beans ● nuts ● seeds ● tofu

**Foods to Question:** ● baked beans ● dry roasted nuts ● peanut butter

## FRUIT & VEGETABLES:

### Fruits

**Foods Allowed:** ● fresh ● canned ● canned fruit juices

**Foods to Question:** ● fruit pie fillings ● dried fruits

### Vegetables

**Foods Allowed:** ● fresh ● frozen ● dried ● canned

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### Vegetables



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**Foods to Question:** ● French-fried potatoes (especially those in restaurants)

**Foods Not Allowed:** ● scalloped potatoes (containing wheat flour) ● battered dipped vegetables

#### MISCELLANEOUS

**Soups:** Made from allowed ingredients

**Foods Allowed:** ● homemade broth ● gluten-free bouillon cubes ● cream soups ● stocks

**Foods to Question:** ● canned soups ● dried soup mixes ● bouillon cubes

**Foods Not Allowed:** ● soups made with ingredients not allowed ● bouillon and bouillon cubes  
Containing HVP or HPP

#### Fats

**Foods Allowed:** ● butter ● margarine ● lard ● vegetable oil ● cream ● shortening  
● home-made salad dressing (made with allowed ingredients)

**Foods to Question:** ● salad dressings ● some mayonnaise

**Foods Not Allowed:** packaged suet

**DESSERTS & SWEETS:** Desserts made with allowed ingredients

**Foods Allowed:** ● ice cream ● sherbet ● whipped toppings ● egg custards ● gelatin desserts  
● cakes ● cookies ● pastries ● honey ● jam ● jelly ● marmalade ● corn syrup  
● maple syrup ● molasses ● sugar (brown and white)

**Foods to Question:** ● milk puddings ● custard powders ● pudding mixers ● powdered sugar  
● icing ● spread ● candies ● chocolate bars ● chewing gum ● marshmallows ● lemon curd

**Foods Not Allowed:** desserts made with ingredients not allowed: ● cakes ● cookies ● ice cream  
● ice cream cones ● muffins ● pies ● pastries ● wafers ● waffles ● licorice ● candies

#### Snack Foods

**Foods Allowed:** ● plain popcorn ● nuts

**Foods to Question:** ● dry roasted nuts ● flavored potato chips ● tortilla chips

**Foods Not Allowed:** ● pizza (unless made with allowed ingredients)

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#### MISCELLANEOUS



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### Beverage

**Foods Allowed:** ● tea ● instant or ground coffee (regular or decaffeinated) ● cocoa  
● soft drinks ● cider

Distilled alcoholic beverages such as: ● rum ● gin ● whisky ● vodka ● wines ● pure liqueur

**Foods to Question:** ● instant tea ● coffee substitutes ● fruit-flavored drinks  
● chocolate drinks ● chocolate mixers ● flavored teas ● herbal teas

**Foods Not Allowed:** ● beer ● ale and lager ● malted beverages

### Condiments

**Foods Allowed:** ● plain pickles ● relish ● olives ● ketchup ● mustard ● mustard  
● tomato paste ● pure herbs & spices ● pure black pepper ● vinegars ● gluten-free soy sauce

**Foods to Question:** ● worcestershire sauce ● mixed spices & seasonings (e.g. chili powder, curry Powder)

**Foods Not Allowed:** ● soy sauce (made from wheat) ● imitation pepper

### Other

**Foods Allowed:** ● sauces & gravies made with ingredients allowed ● pure cocoa ● pure baking chocolate ● carob chips & powder ● chocolate chips ● monosodium glutamate (MSG)  
● cream of tartar ● baking soda ● yeast ● brewer yeast ● aspartame ● coconut

**Foods to Question:** ● baking powder

**Foods Not Allowed:** ● sauces & gravies made from ingredients not allowed, such as (HVP/HPP)  
● oat gum ● communion wafers

- HVP/HPP must be avoided if the plant source is not identified or if the source is from wheat protein.
- Imitation pepper may contain up to 45% wheat gum. An example of this is the small pepper packages found in cafeterias, airline meals and some r