

# GLUTEN-FREE SHOPPING GUIDE

This guide helps provide tips for confidently selecting gluten-free foods in every section of the store.



## What is Gluten?

Gluten is a protein found in all types of wheat, rye and barley. Following a gluten-free diet is essential for managing celiac disease and requires careful attention when selecting foods and ingredients.

## Shopping for Gluten-Free Foods

While many common foods contain gluten, there are naturally gluten-free foods and gluten-free substitutes available throughout the grocery store. Knowing what to look for on a food label may help you decide which foods to avoid and which foods to safely choose when following a gluten-free diet.

## Know Before You Go

Here are tips to help you feel more confident in the store.

- See if your store has a dedicated gluten-free section so you can conveniently shop for gluten-free packaged foods in one place.
- Plan your weekly meals and snacks in advance. Use your meal plan to create a shopping list before you head to the store and refer to it while you shop.
- Look to registered dietitians as a source of guidance and support, your grocery store may even have a dietitian you can speak with in-store.

## Naturally Gluten-Free Foods

Generally, fruits, vegetables, meat, poultry, seafood, eggs, dairy, beans, legumes, nuts and seeds are naturally gluten-free. There are also several gluten-free grains\* and starches including amaranth, arrowroot, buckwheat, cassava, corn, gluten-free oats, millet, potato, quinoa, rice, sorghum and teff.

When choosing packaged or flavored varieties of naturally gluten-free foods, check the ingredients list to ensure no gluten-containing ingredients have been added to the product. (See reverse side for a list of these common ingredients.)

## Foods with Gluten-Free Labels



Many gluten-free foods are labeled **"gluten-free," "free of gluten," "no gluten" or "without gluten"** on the front of the package, which can help make it easy to spot these options in the store. These statements may also appear near the ingredient section and "distributed by" statement in the information panel. Foods with these labels meet the gluten-free requirements\*\* set by the U.S. Food and Drug Administration (FDA).

*Always read labels and ingredients lists to ensure you are choosing a gluten-free food.*

\*It is possible for naturally gluten-free grains to come into contact with gluten during harvesting and processing. Selecting oats and other grains labeled gluten-free ensures gluten content is less than 20 parts per million.

\*\*FDA regulations require any unavoidable presence of gluten in the food to be below 20 ppm gluten.

# Gluten-Containing Foods and Ingredients

Wheat, barley and rye are more obvious sources of gluten, but it can be more challenging to spot other gluten-containing foods and ingredients. Below is a list of foods that always, usually or sometimes contain gluten. Carefully check the labels on these foods and choose options labeled “gluten-free.”

Please note, this is not an exhaustive list.

Gluten-Containing	Commonly Contain Gluten**	May Contain Gluten***
<ul style="list-style-type: none"> <li>• Barley</li> <li>• Brewer’s yeast</li> <li>• Malt (such as malt extract, malt syrup, malt vinegar)</li> <li>• Rye</li> <li>• Seitan</li> <li>• Triticale</li> <li>• Wheat and wheat varieties: <ul style="list-style-type: none"> <li>• Bulgur</li> <li>• Durum</li> <li>• Einkorn</li> <li>• Emmer</li> <li>• Farina</li> <li>• Farro</li> <li>• Freekeh</li> <li>• Graham</li> <li>• Kamut™</li> <li>• Semolina</li> <li>• Spelt</li> <li>• Wheatberries</li> </ul> </li> <li>• Wheat starch*</li> <li>• Yeast extract</li> </ul>	<ul style="list-style-type: none"> <li>• Beer, malted beverages and grain-based spirits</li> <li>• Breeding and coating mixes</li> <li>• Breads, pastries and baked goods</li> <li>• Cereal and granola</li> <li>• Crackers</li> <li>• Croutons</li> <li>• Flour tortillas</li> <li>• Gravy</li> <li>• Pancakes, waffles and French toast</li> <li>• Pasta, noodles (such as ramen, udon and soba) and orzo</li> <li>• Soy and teriyaki sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Candy</li> <li>• Chips</li> <li>• Deli meat</li> <li>• Dips</li> <li>• Dressings and marinades</li> <li>• Flavorings and spice mixes</li> <li>• Ice cream</li> <li>• Meat substitutes and veggie burgers</li> <li>• Protein and granola bars</li> <li>• Sauces</li> <li>• Soup</li> </ul>

\*Foods with wheat starch may be labeled “gluten-free” if it has been processed to remove gluten and tests to below 20 ppm of gluten.

\*\*These foods commonly contain gluten, but gluten-free substitutes are available.

\*\*\*These foods may contain gluten depending on the specific brand. Read labels on all products.

Look for gluten-free options from these trusted brands.



## References:

1. U.S. Food and Drug Administration. Gluten and Food Labeling. FDA website.  
<https://www.fda.gov/food/nutrition-education-resources-materials/gluten-and-food-labeling>
2. National Institute of Diabetes and Digestive and Kidney Diseases. Eating, Diet, & Nutrition for Celiac Disease. NIDDK website.  
<https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease/eating-diet-nutrition>

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