

Gluten: Is found in the following Grains!

Wheat	Spelt
Rye	Barley
Kamut	Durum
Triticale	Einkorn
Semolina	Bulgur
Wheat Germ	Couscous
Farina	Emmer
Matzoh	Graham
Farro	Dinkle
Oats	

Gluten is found in the above grains, and subsequently in just about everything made from them!

Producers and Vendors for Gluten-Free Products

Authentic Foods	www.authenticfoods.com
Breads from Anna	www.glutenevolution.com
Chebe Bread	www.chebe.com
Cherrybrook Kitchen	www.cherrybrookkitchen.com
The Cravings Place	www.thecravingsplace.com
Dietary Specialties	www.dietspec.com
ENER-G Foods	www.ener-g.com
Enjoy Life Foods	www.enjoylifefoods.com

Column 1 is the Name of the Company and Column 2 is their corresponding Website

Drinking Liquids

Water	Flavored Water
Fresh Fruit Juices	Shelf-stable Juices
Soft Drinks	Tea
Coffee (dried, instant, or ground)	
Wine	Bourbon
Gin	Port
Rye Whiskey	Scotch Whiskey
Vodka	Liqueurs

Be careful of FLAVORED herbal teas, coffee, alcohol coolers, vodka mixers...A-VOID Beer

Grains that DO NOT contain Gluten

Amaranth	Buckwheat
Corn	Millet
Oats*	Rice
Sorghum	Teff

Oats are often contaminated with Gluten, so be careful with Oats!

Producers and Vendors for Gluten-Free Products

Envirokidz	www.envirokidz.com
Food for Life	www.foodforlife.com
Gifts of Nature	www.giftsofnature.net
Glutenfree.com	www.glutenfree.com
Gluten Free Mall	www.GFmall.com
Gluten Solutions	www.glutensolutions.com
Gluten-Free Trading Company	www.gluten-free.net
Glutino Food Group	www.glutino.com

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Producers and Vendors for Gluten-Free Products (cont)

Health Valley	www.healthvalley.com
Kinnikinnick Foods	www.kinnikinnick.com
Maple Grove Gluten Free Foods	www.maplegrovefoods.com
Namaste Foods	www.namastefoods.com
Nana's Cookie Company	www.healthycrowd.com
Pamela's Products	www.pamelasproducts.com
Panne Rizo	www.pannerizo.com
Perky's	www.perkysnaturalfoods.com

Column 1 is the name of the Company and Column 2 is the name of the Website.

Foods that DO NOT contain Gluten

Soy	Rice
Corn	Potatoes
Beans	Meats
Fish	Vegetables
Fruits	Nuts
Dairy Products	Eggs
Quinoa	Millet
Teff	Tapioca
Amaranth	Arrowroot
Buckwheat	Montina

These foods can be included in any Gluten Free diet.



By LilyJames (Lakowzan)
cheatography.com/lakowzan/
alwaysbeglutenfree.com/

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Gluten-Free Bars

Bliss Bars	Boomi Bars
Bumblebar	Glutino Breakfast Bars
Enjoy Life Snack Bars	
Jackson Hole Bar	Lara Bars
Organic Food Bar	Think Thin Bar
Oskri Organics Sesame Bar	

It's often difficult to find an acceptable quick snack or energy pick-me-up. These are some of the bars on the market that do not list gluten in the ingredients.

Gluten Free Spices & Herbs

Cayenne Pepper	Paprika
Allspice	Cinnamon
Ginger	Cloves
Oregano	Mint
Thyme	Sage
Savory	

Individual Spices and Individual Herbs are Gluten-Free. 99% of a mixture of spices are GF but there is still 1% that are not. I would recommend making your own mixture.



By **LilyJames** (Lakowzan)
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