



Naturally Gluten-Free Foods

Getting You Started on Your GF Diet...



Flours and Baking Ingredients

- Amaranth Flour
- Arrowroot or Tapioca Starch
- Bean Flours
- Buckwheat Groats
- Cornstarch
- Cornmeal
- Flax Seed or Flax Seed Mill
- Mesquite Flour
- Millet
- Montina Flour
- Potato Starch
- Quinoa Flour
- Rice Flour (white, brown)
- Sorghum Flour
- Soy Flour
- Teff Flour

- Baking Soda
- Xanthan Gum and Guar Gum

Legumes

- Beans (ie: kidney, black)
- Lentils, Split Peas

Spices

- Black Pepper, Onion Powder
- Garlic Powder, Fresh Garlic

Nuts & Seeds

- Almonds, Peanuts, Pecans, Walnuts
- Pumpkin, Sesame & Sunflower Seeds
- Nut Butters (almond, cashew, peanut)

Meat, Fish and Poultry

- Fresh or Frozen (plain)

Dairy

- Milk (whole, 2%, 1%, skim)
- Milk Powder
- Yogurt
- Cheese
- Eggs



Fruits

- Fresh, Canned (plain)
- Dried Fruits (frozen fruits may contain wheat)

Vegetables

- Fresh, Canned or Frozen (plain)
- Tomatoes, Canned (not tomato paste)

Fats and Oils

- Canola, Olive or Vegetable Oil
- Butter or Margarine

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