



# Wheat-Free Shopping List

Wheat-free foods may contain gluten. Look for a Gluten-Free label on the package to ensure the item is free from gluten.

Produce	Dairy	Meat and Fish
<input type="checkbox"/> Apples	<input type="checkbox"/> Cheese (avoid shredded cheeses unless they are labeled, "Gluten-Free")	<input type="checkbox"/> Beef
<input type="checkbox"/> Asparagus	<input type="checkbox"/> Cottage cheese	<input type="checkbox"/> Eggs
<input type="checkbox"/> Bananas	<input type="checkbox"/> Cream	<input type="checkbox"/> Fish (avoid pre-made, breaded fish selections)
<input type="checkbox"/> Berries	<input type="checkbox"/> Milk	<input type="checkbox"/> Lamb
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Sour cream	<input type="checkbox"/> Lobster
<input type="checkbox"/> Citrus fruit	<input type="checkbox"/> Yogurt (avoid yogurts with additives such as cookie crumbs)	<input type="checkbox"/> Pork
<input type="checkbox"/> Ginger		<input type="checkbox"/> Poultry
<input type="checkbox"/> Herbs		<input type="checkbox"/> Shrimp
<input type="checkbox"/> Lettuce		
<input type="checkbox"/> Onions		
<input type="checkbox"/> Peppers		
<input type="checkbox"/> Potatoes		
<input type="checkbox"/> Spinach		
<input type="checkbox"/> Squash		
Canned Goods	Grains and Pastas	Flours
<input type="checkbox"/> Beans	<input type="checkbox"/> Amaranth	<input type="checkbox"/> Almond
<input type="checkbox"/> Fruits	<input type="checkbox"/> Arrowroot	<input type="checkbox"/> Amaranth
<input type="checkbox"/> Gluten-free soup	<input type="checkbox"/> Buckwheat	<input type="checkbox"/> Bean
<input type="checkbox"/> Honey	<input type="checkbox"/> Cassava	<input type="checkbox"/> Buckwheat
<input type="checkbox"/> Jam	<input type="checkbox"/> Flax	<input type="checkbox"/> Chickpea/Garbanzo beans
<input type="checkbox"/> Nut butter	<input type="checkbox"/> Legumes	<input type="checkbox"/> Coconut
<input type="checkbox"/> Pasta sauce	<input type="checkbox"/> Millet	<input type="checkbox"/> Corn
<input type="checkbox"/> Salmon	<input type="checkbox"/> Nut flours	<input type="checkbox"/> Flaxseed
<input type="checkbox"/> Tuna fish	<input type="checkbox"/> Potato	<input type="checkbox"/> Legume
<input type="checkbox"/> Vegetables	<input type="checkbox"/> Oats (may contain gluten)	<input type="checkbox"/> Millet
	<input type="checkbox"/> Quinoa	<input type="checkbox"/> Oat (may contain gluten)
	<input type="checkbox"/> Rice	<input type="checkbox"/> Potato
	<input type="checkbox"/> Rye (contains gluten)	<input type="checkbox"/> Quinoa
	<input type="checkbox"/> Soy	<input type="checkbox"/> Rice
	<input type="checkbox"/> Spelt (contains gluten)	<input type="checkbox"/> Sorghum
	<input type="checkbox"/> Teff	<input type="checkbox"/> Teff

## Snacks

- Almonds
- Applesauce
- Bean chips (may contain gluten additives)
- Cashews
- Corn chips (may contain gluten additives)
- Dried fruit
- Frozen fruit pops
- Hazelnuts
- Ice cream (opt for plain ice creams without crunch or chunks)
- Italian ice
- Peanuts
- Pecans
- Popcorn
- Potato chips (may contain gluten additives)
- Pudding (may contain gluten)
- Rice crackers
- Soy crisps (may contain gluten additives)
- Vegetable chips (may contain gluten additives)
- Walnuts

## Beverages

- Milk
- Juice
- Soda
- Seltzer
- Water