



## GLUTEN FREE CHECKLIST

	Gluten free	Need to check	Not gluten free
<b>Grains and alternatives</b>	Amaranth, buckwheat, chestnut, corn (maize), millet, polenta (cornmeal), quinoa, rice, sago, sorghum, soya, tapioca, teff		Barley, bulgar wheat, couscous, dinkel, durum wheat, einkorn, emmer wheat, farro, freekeh, khorasan wheat (Kamut®), pearl barley, rye, semolina, spelt, triticale, wheat
<b>Flours</b>	All flours that are labelled gluten free	Use your Food and Drink Guide to choose suitable products. Flours from all grains may be contaminated through milling	Flours made from wheat, rye or barley eg plain flour, self raising flour etc
<b>Oats</b>	Most people can eat uncontaminated oats labelled gluten free. Products include gluten free oats, oatcakes and oat based products		Porridge oats, oat milk, oat based snacks that are not labelled gluten free
<b>Bread, cakes and biscuits</b>	All products labelled gluten free including biscuits, breads, cakes, crackers, muffins, pizza bases, rolls, scones	Macaroons, meringues	All biscuits, breads, cakes, chapattis, crackers, muffins, pastries and pizza bases made from wheat, rye or barley flour
<b>Breakfast cereals</b>	All products labelled gluten free including millet porridge, muesli, rice porridge, corn and rice based cereals	Buckwheat, corn, millet and rice based breakfast cereals and those that contain barley malt extract	Muesli, wheat based breakfast cereals
<b>Pasta and noodles</b>	All products labelled gluten free including corn (maize) pasta, quinoa pasta, rice pasta	Rice noodles, buckwheat noodles	Canned, dried and fresh wheat noodles and pasta
<b>Meat and poultry</b>	All fresh meats and poultry, cured pure meats, plain cooked meats, smoked meats	Any meat or poultry marinated or in a sauce, burgers, meat pastes, patés, sausages	Meat and poultry cooked in batter or breadcrumbs, breaded ham, faggots, haggis, rissoles
<b>Meatless alternatives</b>	Plain tofu	Marinated tofu, soya mince, falafel, vegetable and bean burgers, vegetarian and vegan sausages	
<b>Fish and shellfish</b>	All dried, fresh, kippered and smoked fish, shellfish, fish canned in brine, oil and water	Fish pastes, fish patés, fish in sauce	Fish or shellfish in batter or breadcrumbs, fish cakes, fish fingers, taramasalata
<b>Cheese and eggs</b>	Cheese with no added ingredients and eggs	Cheese with added ingredients	Scotch eggs
<b>Milk and milk products</b>	Fresh milk, all cream (single, double, whipping, clotted, soured and crème fraiche), buttermilk, plain fromage frais, plain yoghurt	Coffee and tea whiteners, condensed milk, dried milk, fruit and flavoured yoghurt or fromage frais, soya desserts, soya milk, soya yoghurt, rice milk, nut milks	Yoghurt with muesli or wholegrains

This information is for guidance only and should not replace advice given by your healthcare professional.

	Gluten free	Need to check	Not gluten free
Fats and oils	Butter, cooking oils, ghee, lard, margarine, reduced and low fat spreads	Suet	
Fruits and vegetables	All canned, dried, fresh, frozen and juiced pure fruits and vegetables, pickled vegetables in vinegar	Fruit pie fillings, processed vegetable products (such as cauliflower cheese)	Vegetables and fruit in batter, breadcrumbs or dusted with flour
Potatoes	All plain potatoes, baked, boiled or mashed	Oven, deep fried, microwave and frozen chips, instant mash, potato waffles, ready to roast potatoes	Potatoes in batter, breadcrumbs or dusted with flour, potato croquettes
Nuts, seeds and pulses	Plain nuts and seeds, all pulses (peas, beans, lentils)	Dry roasted nuts, pulses in flavoured sauce (such as baked beans)	
Savoury snacks	Homemade popcorn, plain rice cakes	Flavoured popcorn, potato and vegetable crisps, flavoured rice cakes and rice crackers	Snacks made from wheat, rye or barley, pretzels, breadsticks
Spreads, fillings and dips	Conserves, glucose syrup, golden syrup, honey, jam, marmalade, molasses, treacle	Lemon curd, mincemeat, peanut and other nut butters, yeast extract, prepared dips	Taramasalata
Soups, sauces, pickles and seasonings	All vinegars (including barley malt vinegar), garlic puree, ground pepper, individual herbs and spices, mint sauce, mixed herbs and spices, mustard powder, salt, tomato puree, Worcestershire sauce	Blended and powdered seasonings, brown sauce, canned, packet or fresh soups, chutney, curry powder, dressings, gravy granules, mayonnaise, mustard products (such as English mustard), packed and jarred sauces and mixes, pickles, salad cream, stock cubes, tamari (Japanese soy sauce), tomato sauce	Chinese soy sauce
Confectionery and desserts	Gluten free ice cream cones, jelly, liquorice root, seaside rock	Chocolates, ice cream, mousses, sweets, tapioca pudding	Ice cream cones and wafers, liquorice sweets, puddings made using semolina or wheat flour
Drinks	Cocoa, coffee, fruit juice, ginger beer, squash, tea, water	Cloudy fizzy drinks, drinking chocolate	Barley waters and squash, malted milk drinks
Alcohol	Cider, gluten free beers and lagers, liqueurs, port, sherry, spirits, wine		Ales, beers, lagers, stouts
Home baking	Arrowroot, artificial sweeteners, bicarbonate of soda, corn starch (flour), cream of tartar, food colouring, gelatine, icing sugar, potato starch (flour), fresh yeast, ground almonds, glacé cherries	Baking powder, cake decorations, marzipan, ready to use icings, dried yeast	Batter mixes, breadcrumbs, stuffing mix

This information is for guidance only and should not replace advice given by your healthcare professional.

### Helping you live gluten free

We're working in retail, catering and manufacturing to make things better for you. When you see our symbols of choice, quality and safety, you know that we've been there making sure your needs are met:



a quick and easy way to identify safe food and drinks to make your shopping trip easier



our stamp of approval for venues that cater gluten free so you can enjoy eating out



a commitment from supermarkets to stock your gluten free essentials to make finding food easier.

**coeliacuk**  
live well **gluten free**

☎ 0333 332 2033

📘 facebook.com/CoeliacUK

🐦 @Coeliac\_UK

📷 @CoeliacUK

Registered office Coeliac UK,  
3rd Floor Apollo Centre,  
Desborough Road, High  
Wycombe, Bucks HP11 2QW.  
Tel: 01494 437278  
Fax: 01494 474349

A charity registered in England and Wales (1048167) and in Scotland (SC039804) and a company limited by guarantee in England and Wales (3068044).

**www.coeliac.org.uk**