

The gluten-free diet - what can I eat?



General rule: the more ingredients has and the higher processed a product is, the more likely the food contains gluten. The safest options are naturally gluten-free foods with the official label!

Safe

Risky

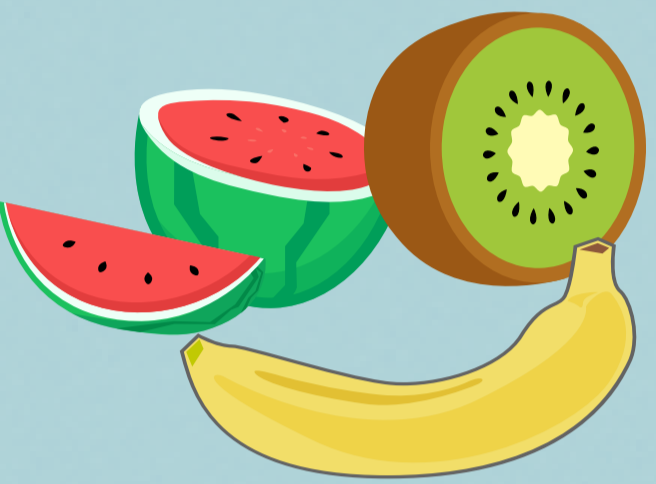
Unsafe



Corn, rice, all minor- and pseudocereals (sorghum/millet, quinoa, amaranth, uncontaminated buckwheat), roots (manioc, potatoes, cassava), chestnuts, soy

Convenience products made from potatoes (e.g. mashed potatoes, gnocchi, croquettes, dumplings, chips), cornflakes noodles

Wheat, rye, barley in all forms (flour, semolina, farina, bran, germ, bulgur, couscous), durum, spelt, triticale, emmer, khorasan wheat (kamut), einkorn and all products made from these grains



All fresh and plain frozen fruits, unprocessed nuts and seeds

Candied fruits, smoothies

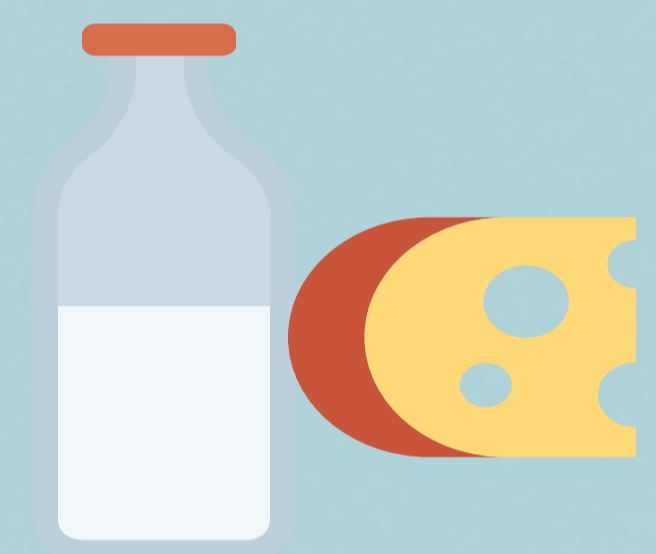
Floured dried fruits



All fresh and plain frozen vegetables, legumes

Convenience products containing vegetables

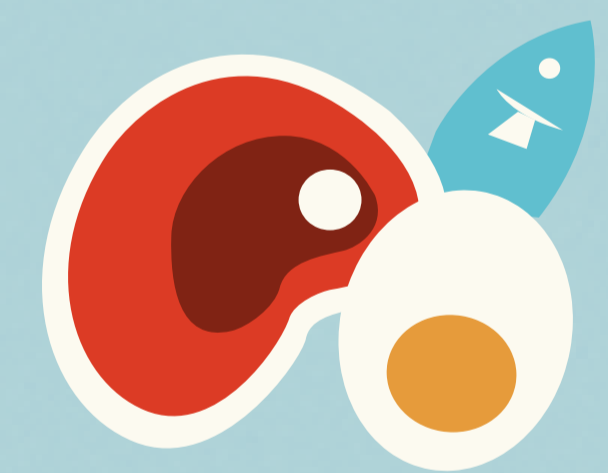
Breaded or floured vegetables



All plain dairy (milk, yogurt, cheese), cream, cottage cheese or creamcheese such as Ricotta or Mascarpone, natural and fruit yogurt/buttermilk/kefir

Dessert cremes (pudding, mousse), milkshakes (non-homemade), convenience meals containing cheese

Yogurt with grain/cereal or cookies



All plain fresh, frozen or canned (in brine or oil) meat/fish, cured beef, meat replacements consisting of lupine protein or tofu (soy), eggs

Deli meats, convenience products based on meat or fish, sauces that may contain meat or fish, kebab meat, seasoned meat products, sushi

Breaded (and/or fried) meat or fish (meat balls and hamburgers are often prepared with bread), most meat replacements (e.g. seitan), surimi



Vegetable oils, butter, margarine, lard, vinegar without seasoning or herbs, individual seasonings and herbs, salt, pepper, mustard, monosodium glutamate

Packet sauce, soy sauce, seasonings and mixed spices, stock cube, baking powder, yeast (fresh and dried), herb/seasoned vinegar, fish sauce, chutney, artificial sweeteners

Bechamel sauce, sauces thickened with flour



Honey, sugar/gelling sugar, caramel, marmelade, jellies, confitures, pure syrups, maple syrup

Chocolate/couverture, candy, cacao, icecream, chewing gum, glazing, icing, flavors, cream stabilizers, colored gelatine, nut-nougat creams

Chocolate with gluten-containing cereals, cookies, cakes



Soft drinks, natural tea without added aroma, natural juices and nectars, water, coffee (from beans), pure cacao powder, wine, prosecco, cider, some types of schnaps

Juices with additives, flavored coffee and coffee pads, flavored teas, cocoa drinks, isotonic drinks, liqueurs, whisky, mulled wine

Beer, replacement coffee (containing barley or malt)