



# Gluten-free checklist

	Gluten-free	Need to check	Not gluten-free
Grains and alternatives	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, Khorasan wheat (commercially known as Kamut®), rye, semolina, spelt, triticale, wheat
Flours	All flours that are labelled gluten-free	Use your Food and Drink Directory 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
Oats	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
Bread, cakes and biscuits	All products labelled gluten-free including biscuits, breads, cakes, crackers, muffins, pizza bases, rolls, scones	Macarons, meringues	All biscuits, breads, cakes, chapattis, crackers, muffins, pastries and pizza bases made from wheat, rye or barley flour
Breakfast cereals	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
Pasta and noodles	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
Meat and poultry	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
Meatless alternatives	Plain tofu	Marinated tofu, soya mince, falafel, vegetable and bean burgers	
Fish and shellfish	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
Cheese and eggs	All cheese and eggs		Scotch eggs
Milk and milk products	All milk (liquid and dried), all cream (single, double, whipping, clotted, soured and crème fraiche), buttermilk, plain fromage frais, plain yoghurt	Coffee and tea whiteners, fruit and flavoured yoghurt or fromage frais, soya desserts, rice milk, soya milk, nut milks	Yoghurt with muesli or wholegrains



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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

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