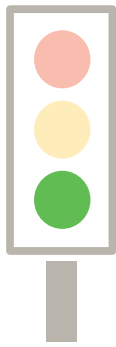


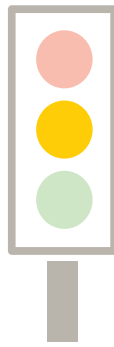
“The Celiac Traffic Light Guide”

Now that you've mastered the gluten-free diet, it's time to get to shopping! At first, navigating the grocery store can feel daunting. Fortunately you have this tool to help guide you in selecting foods that are gluten-free. With time, you'll naturally learn to categorize foods in your mind to make shopping an easier and enjoyable experience!



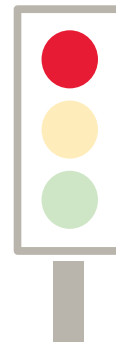
GO!

These foods are gluten-free and are safe to eat every day. You should choose foods from this list.



SLOW!

These foods may be safe to eat, but be careful because they can't be guaranteed to be gluten-free!



STOP!

These foods are not gluten-free and should be avoided! Eating them may cause you to experience mild to severe reactions due to gluten contamination.



Breads, Cereals, Flours, and Other Grains

● GO!

- Amaranth
- Arrowroot
- Buckwheat
- Cornmeal
- Corn tortillas
- Cream of rice
- Flax
- Gluten-free cereals
- Hominy (grits)
- Millet
- Montina
- Nut flours (almond, hazelnut, pecan)
- Plain corn chips
- Plain popcorn
- Plain rice cakes
- Plain tortilla chips
- Potato flour
- Potato starch
- Quinoa
- Rice
- Rice flours
- Rice noodles
- Rice paper
- Sorghum
- Soy
- Tapioca
- Taro
- Teff

● SLOW!

- Buckwheat flour (sometimes is mixed with wheat flour), pasta, and breads
- Flavored rice mixes
- Flavored snacks (chips, popcorn, etc.)
- Oats
- Oatmeal
- Potato bread
- Rice and corn cereals (may contain barley)

● STOP!

- Barley
- Bran
- Bulgur
- Cereals
- Couscous
- Crackers
- Croutons
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Flour tortillas
- Freekeh
- Graham
- Granola
- Hydrolyzed vegetable protein
- Hydrolyzed wheat protein
- Kamut
- Matzo
- Modified wheat starch
- Pastas
- Pizza
- Rye
- Semolina
- Spelt
- Stuffing
- Triticale
- Wheat and wheat bread
- Wheat germ
- White bread
- White flour



Fruits and Vegetables

● GO!

- All plain fresh, canned, or frozen fruits
- All plain, fresh, canned, or frozen vegetables
- Dates
- Jams and jellies
- Legumes (beans, chickpeas, garbanzo)

● SLOW!

- Flavored potato dishes
- French fries (often cooked in same oil as breaded foods)
- Vegetables in sauces
- Vegetables (i.e. tempura)
- Vegetable casseroles
- Vegetable soups

● STOP!

- Baked beans
- Fruit desserts
- Fruit pies



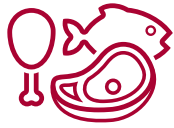
Dairy

Be careful with Dairy foods. Some people with celiac are sensitive to dairy. Please discuss with your provider.

- Buttermilk
- Cheese
- Cottage cheese
- Cream cheese
- Feta
- Labneh
- Manchego
- Plain milk
- Plain yogurt
- Skyr
- Sour cream

- Blended milk drinks
- Booza
- Cotija
- Dulce de leche
- Flavored cheeses
- Flavored yogurts
- Frozen yogurt
- Kulfi
- Queso fresco
- Some ice creams may have gluten-containing ingredients

- Cheese sauces
- Cheese spreads
- Malted milk



Meats and Other Proteins

● GO!

- Eggs
- Peanut, nut and seed butters
- Plain chicken
- Plain fish
- Plain meats
- Plain nuts
- Plain tofu

● SLOW!

- All canned meats (check ingredients for gluten presence)
- Deli meats
- Dry roasted nuts
- Hot dogs
- Marinated meats (check ingredients)

● STOP!

- Breaded (fried) chicken or meats
- Imitation bacon bits
- Imitation seafood
- Sausages
- Seasoned tofu products



Other Foods

- Corn Tortillas
- Gluten-free specialty products
- Guacamole
- Honey
- Hummus
- Italian ice
- Ketchup
- Pepper
- Popsicles
- Pure herbs and spices
- Roasted seaweed
- Salsa
- Salt
- Sorbet
- Sugar or sugar substitutes
- Tahini
- Tamarind paste

- Baba ghanoush
- Baking powder (some brands have wheat starch)
- Broths
- Candies
- Fish sauce
- Furikake
- Harissa
- Marinades
- Miso
- Mixed Spices
- Mustards
- Nuoc cham
- Pudding
- Seasoned nuts
- Seasonings
- Soups
- Tapenades
- Tzatziki

- Cakes/frostings
- Cookies
- Gravies
- Malt vinegar
- Marinades
- Medications
- Play dough
- Pies and pastries
- Sauces
- Soy sauce



Fats and Oils

● GO!

- Butter
- Ghee
- Margarine
- Mayonnaise
- Pure canola oil
- Pure olive oil
- Sesame oil
- Smen
- Suet
- Tallow

● SLOW!

- Cooking spray
- Salad dressings
- Sandwich spreads

● STOP!

- Oils from a shared fryer
- Wheat germ oil



Drinks

- Coffee
- Diet sodas
- Juice
- Kombucha
- Tea
- Water/Sparkling water

- Drink mixes
- Flavored coffees and teas
- Soy or rice drinks (may contain barley malt or rice syrup)

- Ale
- Beer
- Lager
- Malt and malted milk