



GLUTEN FREE CHECKLIST

	Gluten free	Need to check	Not gluten free
Grains and alternatives	Amaranth, buckwheat, chestnut, corn (maize), millet, Fonio (grain), 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
Flours	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
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	Macaroons, 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 not labelled gluten free
Meatless alternatives	Plain tofu	Marinated tofu, soya mince, falafel, vegetable and bean burgers, vegetarian and vegan sausages	
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 not labelled gluten free, fish cakes and fish fingers not labelled gluten free, taramasalata
Cheese and eggs	Cheese with no added ingredients and eggs	Cheese with added ingredients	Scotch eggs
Milk and milk products	Fresh milk, all cream (single, double, whipping, clotted, soured and crème fraîche), 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.


* Some foods by nature do not contain gluten but during their processing, packaging or combination with other ingredients during the manufacturing process to produce a food product they may become contaminated with cereals containing gluten. If you are purchasing a product that does not have a 'gluten free' claim, please ensure there is no precautionary allergen labelling (such as a may contain statement) for any cereals containing gluten on the pack. If such a statement is visible, we advise that you do not consume the item.


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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 spirit vinegar	Fruit pie fillings, processed vegetable products (such as cauliflower cheese), vegetables pickled in barley malt vinegar	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		Flavoured popcorn, homemade popcorn, potato and vegetable crisps, flavoured rice cakes, plain 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	Vinegars (balsamic, cider, sherry, spirit, white wine and red wine vine), garlic puree, ground pepper, individual herbs and spices, mint sauce, mixed herbs and spices, mustard powder, salt, tomato puree	Barley malt vinegar**, 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, squash (except barley squashes), tea, water	Cloudy fizzy drinks, drinking chocolate, ginger beer	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, Xanthan gum	Batter mixes, breadcrumbs, stuffing mix

****To find out more about the change in policy for barley malt vinegar, please visit www.coeliac.org.uk/news**
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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


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 live well **gluten free**

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