



GOING GLUTEN FREE

Foods/products that may contain gluten	Gluten free grain alternatives:
<ul style="list-style-type: none"> • Beers/ales, lager • Breeding & coating mixes • Brown rice syrup • Communion wafers • Croutons • Dressings • Medications • Flour and cereal products • Some herbal supplements • Imitation bacon & seafood • Marinades • Some nutritional supplements • Pastas • Processed luncheon meats • Sauces, gravies • Self basting poultry • Soy sauce or soy sauce solids • Soup bases • Stuffings, dressings • Thickeners (roux) • Hydrolyzed vegetable protein • MSG • Artificial flavours and colours • Spices • Soy sauce (unless wheat free like Tamari) • Deep fried potato chips 	<ul style="list-style-type: none"> • Rice • Millet • Corn • Quinoa • Amaranth • Buckwheat • Wild rice • Montina • Teff • Sorghum • Tapioca • Nut flours • Seed flours • Coconut flour • Chestnut flour • Bean flours • Roots (taro, yam) • Cassava
<p>How about Alcohol?</p> <p>Distilled alcoholic beverages and vinegars, wine and other spirits are usually gluten free. Beers, ales, lagers and malt vinegars are NOT gluten free.</p>	

Need some inspiration? Check out these websites for a variety of gluten free recipes:

www.elanaspantry.com/	www.gluten-free-vegan-girl.com/
yumuniverse.com/	www.sondibruner.com/
bravoforpaleo.com/	glutenfreegirl.com/
www.nomnompaleo.com	www.artofglutenfreebaking.com/