



Now Find Data Sheet:

# Gluten-Free Foods

---

## All Fresh Fruits and Vegetables

---

### Eggs

---

**Beans** Dried or canned. Most are safe, but check labels for additives.

---

**Beef** Fresh with no seasonings

---

**Butter** Check labels for additives

---

**Cheese** Most are safe, but check labels for additives.

---

**Coconut** Shredded, water, oil

---

**Dairy** Fresh, plain dairy. Check labels for flavorings.

---

**Nuts** Raw, any types. Check labels for additives.

---

**Pork** Fresh with no seasonings

---

**Potatoes** All types, fresh with no seasonings

---

**Poultry** Fresh with no seasonings

---

**Rice** Brown, white and wild

---

**Seafood** Fresh with no seasonings, not battered

---

**Seeds** Sesame, Sunflower, Pine

---

**Spices** Pure. Check labels for additives.

---

**Sugars** Granulated, Brown, Turbinado (Raw), Powdered

---

### Tofu

---

**Vinegars** Balsamic, Rice Wine, Apple Cider. Malt Vinegar is said to be gluten-free due to the distillation process, but I avoid anything with Malt.

---

### Wine

---

**Hard Liquors** Flavored liquors can contain gluten because of Artificial Flavors

---

Compliments of [NowFindFoods.com](http://NowFindFoods.com)



Check out our FREE Apps to help you explore new products that fit your lifestyle and locate them at your local grocery store



© 2015 - 2017 JHMJLL, Inc. All rights reserved.