_____ Favorites Sheet

Below is a list of my favorite gluten free foods.
Thank you for helping me eat what I like safely!

Food Type	Brand/Type	Where to Buy
Cookie		
Pizza		
Gluten Free Snack		
Bread		
Chips		
Breakfast Foods		
Cake/Cupcake		
Candy		
Pasta		

What "Gluten Free" (GF) Means…

an introductory overview

unsafe ingredients

(ingredients that have gluten)

- Wheat
- Rye
- Barley
- Triticale
- Malt
- Couscous
- Oats (unless certified GF)

safe ingredients

(gluten free ingredients)

- Buckwheat
- Xanthan gum
- Guar gum
- Amaranth
- Millet
- Quinoa
- Sorghum
- Teff
- Rice, Corn, Tapioca, & Almond flours

When I have gluten I…

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CROSS CONTAMINATION:

In addition to not eating gluten, GF people have to be careful of "cross contamination." This is when gluten free foods come in contact with gluten. People can still get sick from this, even if it is just a tiny amount.

Tips to Avoid Cross Contamination

- Use clean pans/utensils when cooking GF foods
- Use clean bowls and serving utensils when serving GF foods.
- Wash hands thoroughly before preparing GF foods
- If someone dips something containing gluten into a gluten free dip, the dip is no longer gluten free.
- Use new jars of foods that are likely cross contaminated (ie butter, peanut butter)
- Don't toast GF bread in a toaster used with gluten containing bread
- Keep GF foods separated from non-GF foods
- Don't use wooden cutting boards to prepare GF foods