

# Naturally gluten-free foods

You can eat the following foods as long as they have not been contaminated by gluten during processing.

**Unground cereals and grains:** rice, maize, buckwheat, millet, quinoa, sorghum, amaranth, sesame, teff. You can also eat oats if the packet has a symbol guaranteeing that they are gluten-free.

Carob bean, guar gum, acacia gum. All types of seeds. Gluten-free flours and pasta, bread and bakery products made with these flours. Baker's **yeast**, or non-chemical raising agents. You can eat milled cereals and cereal products (pasta, flakes, flour...) if they are packaged and certified "gluten-free".



**Fruit:** all types (natural, stewed, canned, candied, dehydrated or in jam and jelly). Natural fruit juices or nectars. Natural **dried fruit** (raw or dried, except dried figs). Tiger nuts (but not *horchata*).

**Potatoes,** sweet potatoes, yucca, tapioca. Natural canned potatoes.



**Greens and vegetables:** all types, fresh, canned or frozen uncooked. Edible fresh or dried **mushrooms**. Pitted or whole **olives**. Gherkins, capers, pickled onions.

**Pulses:** Dried or canned – soya beans, peas, lentils, beans, chickpeas, lupins...

**Meat** and offal, fresh or frozen. Bacon and smoked bacon. Cured ham and beef. **Shellfish and fish:** both white and oily fish, fresh salted, dried, smoked, frozen. Canned natural or in olive or vegetable oil. **Eggs** (except freeze-dried egg yarn).



**Milk,** all types: fresh, sterilized, evaporated, condensed, skimmed. Yogurts: natural, Greek, flavored without pieces of fruit. Cream. curd, cottage cheese, kefir. Cheese: fresh, soft, semi-soft and matured, whole or in wedges. **Oil:** olive, soya, peanut, sunflower, butter, lard. **Salt, vinegar. Spice,** natural colorings and flavors that are not ground or mixed (herbs, pepper, parsley, oregano, licorice, saffron, vanilla pods, cinnamon sticks).

**Baby foods:** infant, follow-on and growth formulas. "Gluten-free" starter baby foods or purées.

**Sugar:** white, brown, fructose, glucose, syrup, honey, molasses, stevia leaves, additive-free sweeteners. Pure and powdered cocoa. Chocolate spread. Water ices.

**Non-alcoholic drinks:** soft drinks (orange, lemon, cola, lime, tonic, soda, lemonade, bitters, low-calorie, sugar-free, caffeine-free, tea drinks). Nectars, grape juice and fruit juices. Coffee beans, ground or instant coffee. Unflavored natural herbal teas. Chicory. **Alcoholic drinks:** wine and sparkling wine. Brandy, gin, aniseed, schnapps, ratafia, tequila, rum, vodka and whisky.

**Health supplements:** royal jelly. Granulated pollen.