

Getting started

Gluten-free check list


| Gluten-free | Need to check | Not gluten-free |
|---|--|---|
| <p>Cereals and flour Corn, cornflour, cornmeal, rice, arrowroot, amaranth, buckwheat, millet, teff, quinoa, sorghum, soya flour, potato starch and potato flour, gram flour, polenta, sago, tapioca, cassava</p> | <p>Cereals and flour Flavoured savoury rice products, cereal bars</p> | <p>Cereals and flour Wheat, bulgar wheat, durum wheat, wheat bran, wheatgerm, wheat starch, semolina, cous cous, barley, malt, malted barley, rye, triticale, kamut, spelt</p> |
| <p>Bread, cakes and biscuits Gluten-free breads, biscuits, cakes, pizza bases, rolls and flour mixes</p> | <p>Bread, cakes and biscuits Meringues, macaroons</p> | <p>Bread, cakes and biscuits Ordinary bread, biscuits, cakes, pastries, scones, muffins and pizza</p> |
| <p>Pasta and noodles Corn pasta, rice pasta, gluten-free pasta</p> | <p>Pasta and noodles Rice noodles</p> | <p>Pasta and noodles Fresh, dried and canned wheat pasta, noodles</p> |
| <p>Breakfast cereals Gluten-free muesli, buckwheat flakes</p> | <p>Breakfast cereals Malted breakfast cereals, porridge oats</p> | <p>Breakfast cereals Wheat based breakfast cereals, muesli</p> |
| <p>Meat and poultry All fresh meats and poultry, bacon, smoked meats, cured pure meats, parma ham, sorreno ham</p> | <p>Meat and poultry Meat pastes, patés, canned or pre-packed meat in juices, burgers, ham, sausages, gammon, rotisserie meats</p> | <p>Meat and poultry Meat and poultry cooked in batter or bread-crumbs, faggots, rissoles, haggis, breaded ham</p> |
| <p>Fish and shellfish All fresh fish and shellfish, smoked, kippered and dried fish, fish canned in oil or brine</p> | <p>Fish and shellfish Fish in sauce, fish pastes and patés</p> | <p>Fish and shellfish Fish in batter or breadcrumbs, fish cakes, taramasalata, fish fingers</p> |
| <p>Cheese and eggs Plain cheese, plain cottage cheese, cream cheese, low fat and diet cheeses, processed cheese, cheese spread, ready-grated cheese, eggs</p> | <p>Cheese and eggs</p> | <p>Cheese and eggs Scotch eggs</p> |
| <p>Milk and milk products Fresh, UHT, dried, condensed, evaporated, goat's and sheep's milk, fresh and soured cream, buttermilk, crème fraîche</p> | <p>Milk and milk products Coffee and tea whiteners, oat milk, yogurt, fromage frais, soya milk</p> | <p>Milk and milk products Milk with added fibre, artificial cream, yogurt and fromage frais containing muesli or cereals</p> |

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|---|--|---|
| Fats and oils Butter, margarine, lard, cooking oils, ghee, reduced and low fat spreads | Fats and oils Suet | Fats and oils |
| Fruit and vegetables All fresh, frozen, canned and dried pure fruits and vegetables. Vegetables pickled in vinegar, all peas including mushy, processed and marrowfat | Fruit and vegetables Oven, microwave and frozen chips, instant mash, fruit pie fillings, waffles | Fruit and vegetables Vegetables and potatoes in batter, breadcrumbs or dusted with flour, potato croquettes and waffles, fish and chip shop chips |
| Nuts, seeds and pulses All pulses, plain nuts and seeds, roasted nuts | Nuts, seeds and pulses Dry roasted nuts | Nuts, seeds and pulses |
| Savoury snacks Plain potato crisps, homemade popcorn | Savoury snacks Flavoured crisps | Savoury snacks Snacks made from wheat, rye, barley and oats, pretzels |
| Preserves and spreads Sugar and glucose molasses, jam, conserves, honey, golden syrup, treacle, marmalade, peanut and other nut butters | Preserves and spreads Mincemeat, lemon curd | Preserves and spreads |
| Soups, sauces, pickles, and seasonings Tomato and garlic puree, individual herbs and spices, vinegars, mixed herbs and spices, ground pepper, mint sauces | Soups, sauces, pickles, and seasonings Gravy granules, stock cubes, canned or packet soups, packet and jarred sauces and mixes, tamari (Japanese soy sauce) mustard, mayonnaise, salad cream, dressings, pickles and chutney, blended seasoning, curry powder, worcestershire sauce, soya desserts | Soups, sauces, pickles, and seasonings Shoyu (Chinese soy sauce), stuffing mix |
| Confectionery and puddings Jelly, milk puddings made with GF ingredients, sorbets, boiled sweets and seaside rock | Confectionery and puddings Sweets, chocolates, liquorice, chewing gum, ice-cream and lollies, custard powder, mousses | Confectionery and puddings Puddings made using wheat flour, semolina |
| Drinks Tea, coffee, fruit juice, squash, clear fizzy drinks, cocoa, complan, build-up, wine, spirits, cider, sherry, port, liqueurs, gluten-free beers | Drinks Drinking chocolate, tomato Juice | Drinks Malted milk drinks, barley waters, cloudy fizzy drinks, vending machine hot chocolate, beer, lager, ales, stouts |
| Miscellaneous Gelatine, bicarbonate of soda, cream of tartar, fresh and dried yeast, artificial sweeteners, bovril, marmite, marzipan, ready to use icings and icing sugars | Miscellaneous Tofu, cake decorations, baking powder | Miscellaneous Ice cream cones and wafers, liquorice root |

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