

Getting started

Gluten-free check list

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




Gluten-free	Need to check	Not gluten-free
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

Coeliac UK is dedicated to improving life for people with coeliac disease and dermatitis herpetiformis. To find out more about our services,

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