

PLASTIC free spirit



Gluten-free food list

For coeliacs and those with a gluten intolerance, even small amounts of gluten can have an effect. Don't take risks - especially when you're eating out. Check labels, ask the cook, and take care not to cross-contaminate food at home.

Grains

amaranth	gluten-free
barley	contains gluten
buckwheat	gluten-free
bulgur	contains gluten
corn (maize)	gluten-free
couscous	contains gluten
gluten-free oats†	fine for most coeliacs
maize (corn)	gluten-free
millet	gluten-free
oats†	treat with caution
quinoa	gluten-free
rice*	gluten-free
rye	contains gluten
sorghum	gluten-free
spelt	contains gluten
teff	gluten-free
wheat	contains gluten

† Oats contain a protein similar to gluten and are often processed alongside wheat and rye.

* Glutinous rice does not contain gluten, despite the confusing name, but you still may be sensitive to it.

Foods to watch out for

battered and breaded food
beer
cheese + white sauces
chips and deep fried food
flatbreads and naans
gin‡
gravy
hash browns
miso
nut roasts
soy sauce
stews
stuffing
veggie sausages
vinegar (malt)
vodka‡
Yorkshire puddings

‡ Vodka and gin may cause sensitivity, despite assertions that distillation removes the gluten. It's best to choose certified gluten-free drinks.