

GLUTEN FREE CHEAT SHEET

by BetterBatter.org

Simply cut out the top below pieces and glue or paste them together. Fold them over, and you have a business card size cheat sheet to take to the supermarket with you.

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GLUTEN FREE CHEAT SHEET

REMEMBER, YOU CAN ALWAYS HAVE...

Herbs	GF grains, such as corn, rice, amaranth, quinoa, millet and buckwheat	Dairy
Spices	Fruit	Potatoes
All natural products (nothing added)	Nuts	Fats
Meats/Fish	Beans	Plant-based Milks
Vegetables		

DANGER WORDS

Graham	Barley, also called: malt or malt flavoring	Einkorn
Wheat, also called: wheat, durum, semolina, bran, bleached or unbleached flour (enriched or otherwise)	Oats – (cross contamination risk! “Certified Gluten Free Oats” are fine)	Emmer
Rye	Spelt	Farro
		Kamut
		Triticale

APPROVED BRANDS

ESSENTIALS	Arrowhead Mills	Ktoos Cookies (chocolate sandwich cookies)
Better Batter Gluten Free Flour Products	Certified GF Organic Cornmeal	
A good GF cereal (like Chex or Envirokids)	Canyon Bakehouse Gluten Free Breads	Glutino Pretzels
Tinkyada or Rizopia Dry Pastas	FUN FOODS	Enjoy Life Foods Mini Chocolate Chips and Chocolate Chunks
	Udi’s or Three Bakers Breads	