

GLUTEN FREE CHEAT SHEET

by BetterBatter.org

Take this sheet along with you on your shopping trips to keep in mind what is and is not safe for your GF kitchen.

DANGER WORDS

Graham

Wheat, also called: wheat, durum, semolina, bran, bleached or unbleached flour (enriched or otherwise)

Rye

Barley, also called: malt or malt flavoring

Oats – (cross contamination risk! “Certified Gluten Free Oats” are fine)

Spelt

Einkorn

Emmer

Farro

Kamut

Triticale

APPROVED BRANDS

ESSENTIALS

Better Batter Gluten Free Flour Products

A good GF cereal (like Chex or Envirokids)

Tinkyada or Rizopia Dry Pastas

Arrowhead Mills Certified GF Organic Cornmeal

Canyon Bakehouse Gluten Free Breads

FUN FOODS

Udi’s or Three Bakers Breads

Ktoos Cookies (chocolate sandwich cookies)

Glutino Pretzels

Enjoy Life Foods Mini Chocolate Chips and Chocolate Chunks

REMEMBER, YOU CAN ALWAYS HAVE...

Herbs

Spices

All natural products (nothing added)

Meats/Fish

Vegetables

GF grains, such as corn, rice, amaranth, quinoa, millet and buckwheat

Fruit

Nuts

Beans

Dairy

Potatoes

Fats

Plant-based Milks

