Shopping List of Wheat-Free Foods

If you have to give up wheat, don't lose heart; there are still plenty of choices at the market. The following list of wheat-free foods indicates which foods contain gluten.

Produce

Nearly all of the produce section in your local grocery store should be free of wheat and shouldn't present a problem for sensitive groups. This includes foods such as the following:

- Apples
- Bananas
- Citrus fruit
- Berries
- Spinach
- Asparagus
- Squash
- Potatoes
- Onions
- Peppers
- Broccoli
- Ginger
- Lettuce
- Herbs

Dairy

Much of the dairy section of your grocery store is also free of wheat. Safe foods include these tasty options:

- Milk
- Cream
- Yogurt (Avoid yogurts with additives such as cookie crumbs.)
- Cheese (Avoid shredded cheeses unless they are labeled, "Gluten Free". Some shredded cheese is dusted with flour to prevent it from sticking.)
- Cottage cheese
- Sour cream

Meat and Fish Section

Nearly all the foods in the meat section of your grocery store are wheat-free. Watch out for whole turkeys, however, which may be brined with a liquid mixture that could contain wheat. Double check the ingredient labels to be sure. Other foods that are safe for consumption include the following:
• Pork
• Beef
• Poultry
• Fish (Avoid pre-made, breaded fish selections.)
• Shrimp
• Lobster
• Eggs
• Lamb

Deli Counter

Your deli counter can be a major pitfall if you are seeking wheat-free foods. Many deli meats contain wheat or gluten, which makes them unsafe for consumption. Look for the following brands to make sure your deli meats are safe:

• Applegate Farms
• Boar’s Head
• Columbus
• Dietsel
• Dietz and Watson
• Hormel Natural Choice
• Jenny-O
• Wilshire Farms

Canned Goods

There are numerous types of canned goods available in your grocery store that do not contain any wheat. This is a small sampling; make sure to check the label each time to be sure.

• Beans
• Vegetables
• Fruits
• Tuna fish
• Salmon

Grains and Pastas

There are numerous wheat-free grains and wheat-free pasta products on the market. Look for any of the following in either whole, ground or noodle form. Keep in mind that some of these options do contain gluten, even while they are wheat-free.

• Rice
• Amaranth
• Quinoa
• Oat (may contain gluten)
• Rye (gluten)
• Soy
• Spelt (gluten)
• Barley (gluten)
• Teff
• Buckwheat
• Legumes

Cereals

While most cereals do contain some form of wheat, there are some hot and cold cereals available that are wheat-free:

• Chex
• Oatmeal (may contain gluten)
• Rice Crispies (may contain gluten)
• Cream of Rice
• Granola (may contain gluten)

Wheat-Free Flours

If you are in the learning process of making your own bread or other baked goods, you can use any of these wheat-free flours. If you require help, consider using pre-packaged gluten-free (thus, wheat-free) flour blends until you get the hang of cooking without wheat.

• Almond
• Cassava
• Chestnut
• Chickpea (Garbanzo bean)
• Flaxseed
• Hazelnut
• Jerusalem artichoke (Sunchoke)
• Kamut (gluten)
• Legume
• Millet
• Oat (may or may not contain gluten)
• Potato
• Quinoa
• White rice
• Brown rice
• Rye (gluten)
• Soy
• Spelt
• Teff
• Tapioca
Buckwheat

Snacks

There are numerous wheat-free snacks on the market as well. Some of these products may contain trace amounts of wheat, depending on how they are manufactured; always double check the label to be sure. In addition to the ones on this list, look for any manufacturer who specializes in gluten-free snacks and baking, such as Glutino.

- Almonds
- Cashews
- Walnuts
- Peanuts
- Hazelnuts
- Pecans
- Dried fruit
- Applesauce
- Popcorn
- Corn chips
- Bean chips
- Soy crisps
- Potato chips
- Vegetable chips
- Ice cream (Avoid varieties containing cookies, dough or the word "crunch" in the title.)
- Frozen fruit pops
- Italian ice

Beverages

Most beverages do not contain wheat. Avoid or check the label on any drink mixes, such as powdered hot chocolate mix, as these may contain some wheat. Safe beverages include the following:

- Milk
- Juice
- Soda
- Seltzer
- Water