

Health and Herbs
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Gluten Free Diet

Avoid

- Wheat, oats, rye and barley products.
- Check food labels for the above and (wheat germ, wheat starch, edible starch, cereal filler, cereal binder, cereal protein)
- Baked goods, crackers,
- Gravy, soy sauce,
- Many processed foods, salad dressing, extenders used in ice cream.
- Many breakfast cereals
- Pasta, pizza, pitta breads.

Substitute with:

- Gluten free flours are available, quinoa, amaranth, rice, corn, potato.
- Gluten free breads and biscuits are available in Health Food shops and Supermarkets.
- Corn and rice pasta
- Buckwheat noodles
- Rice crackers, and rice biscuits.