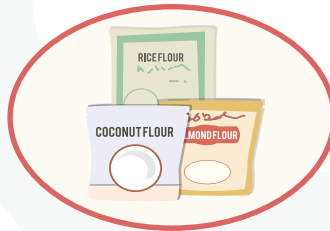
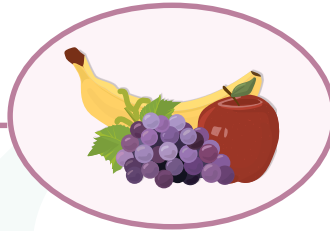
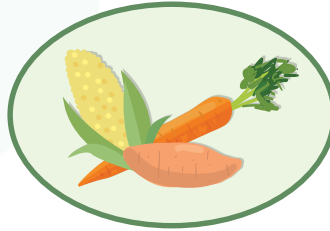


# GLUTEN-FREE FOODS

## GRAINS AND STARCHES

AMARANTH  
ARROWROOT  
BUCKWHEAT  
CHIA  
CORNMEAL  
FLAX  
MILLET  
OATS (JUST DOUBLE-CHECK THE LABEL)  
QUINOA  
RICE  
SORGHUM  
SOY  
TAPIOCA  
TEFF  
YUCCA



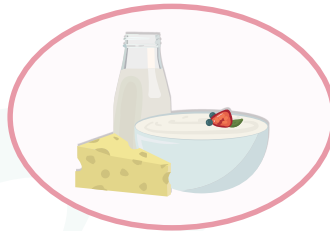
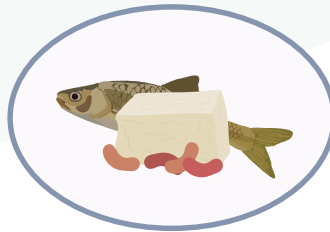
## FRUITS

APPLES  
BANANAS  
BERRIES  
CHERRIES  
GRAPES  
MELONS  
ORANGES  
PEACHES



## SPICES AND OILS

APPLE CIDER VINEGAR  
COCONUT AMINOS  
TAMARI  
WHITE VINEGAR  
AVOCADO OIL  
CANOLA OIL  
COCONUT OIL  
OLIVE OIL  
VEGETABLE OIL



## VEGETABLES

BELL PEPPERS  
BROCCOLI  
CARROTS  
CAULIFLOWER  
CORN  
GREEN BEANS  
MUSHROOMS  
ONIONS  
POTATOES  
SPINACH  
SQUASH  
SWEET POTATOES

## FLOURS

ALMOND FLOUR  
CHICKPEA FLOUR  
COCONUT FLOUR  
OAT FLOUR  
RICE FLOUR

## PROTEIN

BEANS  
EDAMAME  
LENTILS  
NUTS  
POULTRY  
RED MEAT  
SEAFOOD  
TEMPEH  
TOFU

## DAIRY

BUTTER  
CHEESE  
GHEE  
MILK  
SOUR CREAM  
YOGURT