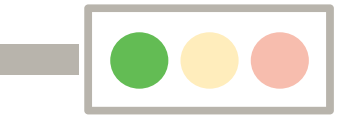


The Celiac “Traffic Light” Meal Plan



GO!

These foods are gluten-free and are safe to eat every day. You should choose foods from this list.

- Amaranth
- Arrowroot
- Buckwheat
- Cornmeal
- Corn tortillas
- Cream of rice
- Flax
- Gluten-free cereals
- Hominy (grits)
- Millet
- Montina
- Nut flours (almond, hazelnut, pecan)
- Plain corn chips
- Plain popcorn
- Plain rice cakes
- Plain tortilla chips
- Potato bread
- Potato flour
- Potato starch
- Quinoa
- Rice
- Rice flours
- Rice noodles
- Sorghum
- Soy
- Tapioca
- Taro
- Teff



SLOW!

These foods may be safe to eat, but be careful because they can't be guaranteed to be gluten-free!

- Buckwheat flour (sometimes is mixed with wheat flour)
- Flavored rice mixes
- Flavored snacks (chips, popcorn, etc.)
- Oats
- Oatmeal
- Rice and corn cereals (may contain barley)



STOP!

These foods are not gluten-free and should be avoided! Eating them may cause you to experience mild to severe reactions due to gluten contamination.

- Barley
- Bran
- Bulggar
- Cereals
- Couscous
- Crackers
- C routons
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Flour tortillas
- Graham
- Granola
- Hydrolyzed vegetable protein
- Hydrolyzed wheat protein
- Kānut
- Matzo
- Modified wheat starch
- Pastas
- Pizza
- Rye
- Semolina
- Spelt
- Stuffing
- Triticale
- Wheat and wheat bread
- Wheat germ
- White bread
- White flour



Breads, Cereals, Flours, and Other Grains

● GO!

● SLOW!

● STOP!



Fruits and Vegetables

Be careful with dairy foods. Sometimes people who have celiac disease are also lactose intolerant. If you experience symptoms after eating dairy foods you may want to avoid them.

● **GO!**

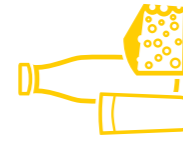
- All plain fresh, canned, or frozen fruits
- All plain, fresh, canned, or frozen vegetables
- Jams and jellies
- Legumes (beans, chickpeas, garbanzo)
- Dates (sometimes are tossed with flour)

● **SLOW!**

- Flavored potato dishes
- French fries (often cooked in same oil as breaded foods)
- Vegetables in sauces

● **STOP!**

- Baked beans
- Fruit pies



Dairy

- Buttermilk
- Cheese
- Cottage cheese
- Cream cheese
- Plain milk
- Plain yogurt
- Sour cream

- Blended milk drinks
- Flavored cheeses
- Flavored yogurts
- Frozen yogurt
- Some ice creams may have gluten-containing ingredients

- Cheese sauces
- Cheese spreads
- Malted milk



Meats and Other Proteins

● **GO!**

- Eggs
- Peanut butter
- Plain chicken
- Plain fish
- Plain meats
- Plain nuts
- Plain tofu
- All canned meats (check ingredients for gluten presence)

● **SLOW!**

- Deli meats
- Dry roasted nuts
- Hot dogs
- Marinated meats (check ingredients)

● **STOP!**

- Seasoned tofu products
- Breaded (fried) chicken or meats
- Imitation bacon bits
- Imitation seafood
- Sausages



Other Foods

- Gluten-free specialty products
- Honey
- Italian ice
- Ketchup
- Pepper
- Popsicles
- Pure herbs and spices
- Salsa
- Salt
- Sorbet
- Sugar or sugar substitutes

- Baking powder (some brands have wheat starch)
- Mustards
- Pudding

- Broths
- Cakes/frostings
- Candies
- Cookies
- Gravies
- Marinades
- Medications
- Play dough
- Pies and pastries
- Sauces
- Seasonings
- Seasoned nuts
- Soups
- Soy sauce



Fats and Oils

● **GO!**

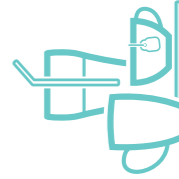
- Butter
- Margarine
- Mayonnaise
- Pure canola oil
- Pure olive oil

● **SLOW!**

- Cooking spray
- Salad dressings
- Sandwich spreads

● **STOP!**

- Malt vinegar



Drinks

- Coffee
- Diet sodas
- Tea

- Drink mixes
- Flavored coffees and teas
- Soy or rice drinks (may contain barley malt or rice syrup)

- Ale
- Beer
- Lager
- Malt and malted milk