

Gluten-Free Guidelines

A BASIC GUIDE TO SERVING GLUTEN-FREE CUSTOMERS

Celiac disease and gluten intolerance are SERIOUS medical conditions. A strict gluten-free diet is REQUIRED to maintain health. Gluten-containing grains, even in TINY amounts, are not allowed.

SAFE

May be used freely.

Cornstarch	Polenta
Corn chips*	Corn
Corn meal (100%)	Beans
100% corn tortillas	
Amaranth	Arrowroot
Tapioca starch	Tapioca
Flax	Millet
Nuts	Quinoa
Sago	Sorghum
Teff (100%)	Soy
Rice	Wild Rice
Fruits	Vegetables
Buckwheat (100%)	
Legumes, lentils, Peas	
Meats, Poultry, Fish, Eggs	
Butter, Margarine, Oils	
Glutinous Rice/Sweet Rice	
Vinegar	Most cheeses
Potato flour	Potato Starch
Potatoes - White, Sweet, Yams	
Pasta with 100% safe starches	
Distilled alcoholic beverages	
Wine	
Blue-veined cheeses	

CAUTION

Read labels to verify safety.

Sour cream	Yogurt
Soy sauce	Cold cuts
Corn bread	Hot dogs
Tomato paste	Bouillon
Cottage cheese	Broth
Pudding, candies	Soups
Salad dressings	Miso
Beverage mixes	
Processed cheese food	
Meatballs or hamburgers	
Processed meats	
Roquefort cheese	
Preseasoned mixes	
Self-basting poultry	
Marinades*	
French fries*	
Corn chips*	
Corn tortillas*	
Seasoned French fries*	

NOTE:
'Wheat-free'
is not the
same as
'gluten-free.'

Ingredients such as:

Brown rice syrup
Dextrin
Fillers from unspecified sources

DO NOT USE

These Must be Avoided

Croutons	Crackers	
Flour, Roux	Cereals	
Bread stuffing	Matzo	
Teriyaki	Tamari	
Pie crusts	Pizza	
Pancakes	Waffles	
Wheat germ	Bran	
Graham flour	Cakes	
Coating mixes	Cookies	
Bread crumbs	Bread	
Pre-floured meats	Barley	
Batter-dipped items	Rye	
Barley malt	Malt	
Malt flavoring	Pretzels	
Imitation seafood or bacon		
Flour-based gravies, sauces		
Pre-floured grated cheese		
Items made in floured-dusted baking pans		
Malt vinegar	Wheat starch	
Pasta	Couscous	Orzo
Beer	Ale	Lager
Wheat (durum, semolina, farina, spelt, kamut, triticale, einkorn, bulgar, seitan)		

MEAL PREPARATION

How to avoid contamination or food contact with gluten.

- √ Keep hands, utensils, pans, grills, appliances, counters and cutting boards clean at all times.
- √ Do not use the same utensils to serve gluten and gluten-free foods.
- √ Use fresh, clean water for boiling, poaching & steaming.
- √ Condiments and spreads can be contaminated with crumbs by "double-dipping." Consider using individual condiment packets.
- √ * Fryer oil CAN NOT be used for gluten-containing products such as breaded foods.

This material has been designed to be a general resource. The authors or those presenting it assume no liability. Mention of products or manufacturers does not constitute endorsement. The materials in the Gluten-Free Restaurant Awareness and Gluten-Free Food Service Accreditation Programs reflect the current standards for the gluten-free diet from the American Dietetic Association.

