

# GLUTEN-FREE FINDER

## LIST OF NATURALLY GLUTEN-FREE INGREDIENTS

### Grains & Flours

Almond flour  
Coconut flour  
Rice flour (white, brown, or sweet rice flour)  
Cornmeal and corn flour  
Buckwheat flour  
Quinoa  
Millet  
Sorghum flour  
Teff flour  
Tapioca flour  
Arrowroot flour  
Chickpea flour (garbanzo bean flour)  
Potato starch and potato flour  
Amaranth  
Oat flour (use certified gluten-free oats)

### Starches & Thickeners

Cornstarch	Agar-agar
Arrowroot powder	Guar gum
Potato starch	Xanthan gum
Tapioca starch	

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### Proteins & Nuts

Nuts (almonds, walnuts, pecans, etc.)  
Seeds (chia, flaxseed, pumpkin, sunflower, etc.)  
Beans (black beans, chickpeas, lentils, etc.)  
Tofu and tempeh  
Eggs

### Dairy & Alternatives

Milk (cow, goat, sheep)  
Plant-based milks (almond, coconut, oat – verify gluten-free)  
Cheese  
Yogurt (check for additives)  
Butter and ghee

### Fruits & Vegetables

Fresh fruits and vegetables  
Canned or frozen fruits and vegetables (without sauces or additives)  
Potatoes and sweet potatoes  
Squash and pumpkin  
Avocado

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### Sweeteners

Honey  
Maple syrup  
Agave syrup  
Molasses  
Coconut sugar  
Stevia

### Herbs, Spices & Condiments

Fresh and dried herbs (basil, oregano, rosemary, etc.)  
Spices (cinnamon, cumin, turmeric, etc.)  
Salt and pepper  
Vinegar (apple cider, white, balsamic – verify gluten-free)  
Most oils (olive oil, coconut oil, avocado oil, etc.)

### Sauces & Flavorings

Tamari (gluten-free soy sauce alternative)  
Coconut aminos  
Vinegars (apple cider, balsamic, red wine)  
Pure vanilla extract (check for additives)  
Mustard (verify gluten-free)

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### Beverages

Coffee  
Tea (check for additives)  
Fresh juices  
Sparkling water



Always check labels, as some processed or packaged items may contain hidden gluten in additives or cross-contamination.



While oats themselves do not contain gluten, they are often processed in facilities that handle gluten-containing grains.

Always choose certified gluten-free oats if you have celiac disease or a severe gluten sensitivity, as these products are specifically tested to minimize the risk of gluten contamination.