



The Celiac Traffic Light Guide

The Celiac Disease Program,
offered by our Pediatric
Gastroenterology Service,
is located at:

Mary L. Johnson Specialty Services

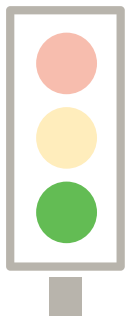
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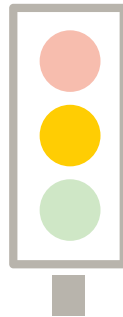


Now that you've mastered the gluten-free diet, it's time to get to shopping! At first, navigating the grocery store can feel daunting. Fortunately you have this tool to help guide you in selecting foods that are gluten-free. With time, you'll naturally learn to categorize foods in your mind to make shopping an easier and enjoyable experience!



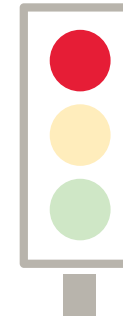
GO!

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



SLOW!

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



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.



Breads, Cereals, Flours, and Other Grains

GO!

- 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 flour
- Potato starch
- Quinoa
- Rice
- Rice flours
- Rice noodles
- Rice paper
- Sorghum
- Soy
- Tapioca
- Taro
- Teff

SLOW!

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

STOP!

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



Fruits and Vegetables

GO!

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

SLOW!

- Flavored potato dishes
- Vegetables in sauces
- Vegetables (i.e. tempura)
- Vegetable casseroles
- Vegetable soups
- French fries (often cooked in same oil as breaded foods)

STOP!

- Baked beans
- Fruit desserts
- Fruit pies



Meats and Other Proteins

GO!

- Eggs
- Peanut, nut and seed butters
- Plain chicken
- Plain fish
- Plain meats
- Plain nuts
- Plain tofu

SLOW!

- All canned meats (check ingredients for gluten presence)
- Deli meats
- Dry roasted nuts
- Hot dogs
- Marinated meats (check ingredients)

STOP!

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



Dairy

Be careful with Dairy foods. Some people with celiac are sensitive to dairy. Please discuss with your provider.

GO!

- Buttermilk
- Cheese
- Cottage cheese
- Cream cheese
- Feta
- Labneh
- Manchego
- Plain milk
- Plain yogurt
- Skyr
- Sour cream

SLOW!

- Blended milk drinks
- Booza
- Cotija
- Dulce de leche
- Flavored cheeses
- Flavored yogurts
- Frozen yogurt
- Kulfi
- Queso fresco
- Some ice creams may have gluten containing ingredients

STOP!

- Cheese sauces
- Cheese spreads
- Malted milk



Fats and Oils

GO!

- Butter
- Ghee
- Margarine
- Mayonnaise
- Pure canola oil
- Pure olive oil
- Sesame oil
- Smen
- Suet
- Tallow

SLOW!

- Cooking spray
- Salad dressings
- Sandwich spreads

STOP!

- Oils from a shared fryer
- Wheat germ oil



Other Foods

GO!

- Corn Tortillas
- Gluten-free specialty products
- Guacamole
- Honey
- Hummus
- Italian ice
- Ketchup
- Pepper
- Popsicles
- Pure herbs and spices
- Roasted seaweed
- Salsa
- Salt
- Sorbet
- Sugar or sugar substitutes
- Tahini
- Tamarind paste

SLOW!

- Baba ghanoush
- Baking powder (some brands have wheat starch)
- Broths
- Candies
- Fish sauce
- Furikake
- Harissa
- Marinades
- Miso
- Mixed Spices
- Mustards
- Nuoc cham
- Pudding
- Seasoned nuts
- Seasonings
- Soups
- Tapenades
- Tzatziki

STOP!

- Cakes/ frostings
- Cookies
- Gravies
- Malt vinegar
- Marinades
- Medications
- Play dough
- Pies and pastries
- Sauces
- Soy sauce



Drinks

GO!

- Coffee
- Diet sodas
- Juice
- Kombucha
- Tea
- Water/ Sparkling water

SLOW!

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

STOP!

- Ale
- Beer
- Lager
- Malt and malted milk