

## Gluten Free Recommendations

Avoid: wheat, barley, oats and rye

Common items: toast, sandwiches, muffins, cookies, baked goods, pasta, soy sauce

Gluten free foods: quinoa, coconut, vegetables, meat, fruits, rice, corn, legumes, potatoes

Use caution with salad dressings, sauces and packaged foods. They often contain gluten as a thickener.

Substitutes:

Crackers: Mary's Gone Crackers, Nut Thins, rice cakes

Tortillas: Corn or brown rice tortillas

Bread: Udi's (best if toasted)

Pasta: Tinkyada brown rice or quinoa

Soy sauce: tamari (made from soy)

Websites/ cookbooks:

Whole Life Nutrition Cookbook and website (<http://wholelifenutrition.net/home>)  
[www.whfoods.com](http://www.whfoods.com) (not gluten free, but has gluten free options)