A Guide to Paleo Foods

The details of this guide are from the book *Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle*, by Diane Sanfilippo

Eat whole foods. Avoid foods that are modern, processed, and refined. Eat as close to nature as possible, and avoid foods that cause stress for the body (blood sugar, digestion, etc.). Eat nutrient-dense foods to maintain energy levels. Enjoy your food, and hold positive thoughts while you consume it.

MEAT, SEAFOOD & EGGS

INCLUDING BUT NOT LIMITED TO:

- Beef
- Bison
- Boar
- Buffalo
- Chicken
- Duck
- Eggs
- Game meats
- Goat
- Goose
- Lamb
- Mutton
- Ostrich
- Pork
- Quail
- Rabbit
- Squa
- Turkey
- Veal
- Venison
- Catfish
- Carp
- Clams
- Grouper
- Halibut
- Herring
- Lobster
- Mackerel
- Mahi mahi
- Mussels
- Oysters
- Salmon
- Sardines
- Scallops
- Shrimp
- Prawns
- Snails
- Snapper
- Swordfish
- Trout
- Tuna

FATS & OILS

- Avocado oil
- Bacon fat/lard
- Butter
- Coconut milk
- Coconut oil
- Duck fat
- Ghee
- Macadamia oil
- Olive oil: CP
- Palm oil
- Schmaltz
- Sesame oil: CP
- Suet
- Tallow
- Walnut oil

NUTS & SEEDS

- Almonds
- Brazil nuts
- Chestnuts
- Hazelnuts
- Macadamia
- Pecans
- Pine nuts
- Pistachios*
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

LIQUIDS

- Almond Milk, fresh
- Coconut Milk
- Coconut water
- Herbal tea
- Mineral water
- Water

SUPERFOODS

GRASS-FED DAIRY:
butter, ghee

ORGAN MEATS:
Liver, kidneys, heart, etc.

SEA VEGETABLES:
Dulse, kelp, seaweed
Herbs & spices

BONE BROTH:
Homemade, not canned or boxed

FERMENTED FOODS:
Sauerkraut, carrots, beets, high-quality yogurt, kefir, kombucha

VEGETABLES

INCLUDING BUT NOT LIMITED TO:

- Artichokes*
- Asparagus*
- Arugula
- Bamboo shoots
- Beets*
- *Bok choy*
- *Broccoli**
- *Brussels sprouts**
- *Cabbage**
- Carrots
- Cassava
- *Cauliflower**
- Celery^
- Chard
- *Collard greens^*
- Cucumbers
- Daikon
- Dandelion greens*
- **Eggplant***
- Endive
- Fennel*
- Garlic*
- Green beans
- Green onions*
- Jicama*
- *Kale^*
- *Kohlrabi*
- Leeks*
- Lettuce^
- Lotus roots
- Mushrooms*
- Mustard greens*
- Okra*
- Onions*
- Parsley
- Parsnips
- **Peppers*^**
- Purslane
- Radicchio
- *Radishes*
- *Rapini*
- Rutabagas
- Seaweed
- Shallots*
- Snap peas
- *Spinach^*
- Squash
- Sugar snaps
- Sunchokes*
- *Sweet potatoes*
- Taro
- **Tomatillos**
- **Tomatoes**
- Turnip greens
- Turnips
- *Watercress*
- Yams
- Yuccas

FRUITS

INCLUDING BUT NOT LIMITED TO:

- Apples*^
- Apricots*
- Avocados*
- Bananas
- Blackberries*
- Blueberries^
- Cherries*
- Cranberries
- Figs*
- Grapefruit
- Grapes^
- Guavas
- Kiwis
- Lemons
- Limes
- Lychees*
- Mangoes*
- Melons
- Nectarines*^
- Oranges
- Papayas
- Passionfruit
- *Peaches*^*
- *Pears**
- Persimmons*
- Pineapples
- Plantains
- Plums*
- Pomegranates
- Raspberries
- Rhubarb
- Star fruit
- *Strawberries^*
- Tangerines
- Watermelon*

HERBS & SPICES

INCLUDING BUT NOT LIMITED TO:

- Anise
- Annatto
- Basil
- Bay leaf
- Caraway
- Cardamom
- Carob
- **Cayenne pepper**
- Celery seed
- Chervil
- Chicory*
- **Chili pepper**
- **Chipotle powder**
- Chives
- Cilantro
- Cinnamon
- Clove
- Coriander
- Horseradish*
- Juniper berry
- Kaffir lime leaves
- Lavender
- Lemongrass
- Lemon verbena
- Licorice
- Mace
- Marjoram
- Mint
- Mustard
- Oregano
- **Paprika**
- Parsley
- Pepper, black
- Peppermint
- Rosemary
- Saffron
- Spearmint
- Star anise
- Tarragon
- Thyme
- Turmeric
- Vanilla
- *Wasabi**
- Za'atar

CP = cold-pressed | **Bold = nightshades** | *Italics = goitrogenic* | * = FODMAP | ^ = buy organic | Buy as many of your pantry items as possible in organic form.

A Guide to Paleo Foods: Stocking a Paleo Pantry

Fresh is best. Shopping the perimeter of the grocery store is ideal for the bulk of your foods, but you will want to add spices and some pantry items to your arsenal to cook up some tasty dishes and have some stand-by foods on-hand. Some of these foods are sold in cold sections of the store and need to be kept cold despite being packaged items.

HERBS & SPICES

SOME HERBS CAN BE FOUND IN BOTH FRESH AND DRIED FORMS. INCLUDING BUT NOT LIMITED TO:

Anise
Annatto
Basil
Bay leaf
Caraway
Cardamom
Cayenne
Celery seed
Chervil
Chicory*
Chili powder
Chipotle
Chives
Cilantro
Cinnamon
Clove
Coriander
Cumin
Curry
Dill
Fennel
Fenugreek
Galangal
Garlic
Ginger
Horseradish
Juniper berry
Kaffir lime leaves
Lavender
Lemongrass
Lemon verbena
Licorice
Mace
Marjoram
Mint
Mustard
Nutmeg
Onion powder*
Oregano
Paprika
Parsley
Pepper, black
Peppercorns, whole black
Peppermint
Pumpkin pie spice
Rosemary
Saffron
Sage
Sea salt
Spearmint
Star anise
Tarragon
Thyme
Turmeric
Vanilla
Wasabi
Za'atar

CANNED & JARRED

INCLUDING BUT NOT LIMITED TO:

Anchovy paste
Applesauce*
Capers
Coconut milk*
Coconut water/Juice*
Fish roe
Herring - wild
Olives
Oysters
Pickles
Pumpkin
Salmon - wild
Sardines - wild
Sun-dried tomatoes
Sweet potato
Tahini
Tomato paste
Tomato sauce
Tuna - wild

NUTS, SEEDS & DRIED FRUIT

Almonds
Almond butter
Almond flour
Banana chips (check ingredients)
Brazil nuts
Chestnuts
Coconut butter*
Coconut* - shredded, flakes
Dates
Dried apples*
Dried apricots*
Dried blueberries
Dried cranberries
Dried currants
Dried figs*
Dried mango*
Dried pineapple
Dried raspberries
Hazelnuts
Macadamia nuts
Pecans
Pine nuts
Pistachios*
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

ADD YOUR OWN!

Maybe you have favorite items not listed on this page, that you know are paleo-friendly; write them in to use this as a shopping list

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FATS & OILS

SEE THE 'FATS & OILS GUIDE' FOR DETAILS

Avocado oil: CP
Bacon fat
Ghee
Coconut oil
Macadamia oil: CP
Extra-virgin olive oil
Palm oil
Palm shortening
Sesame oil: CP
Walnut oil: CP

BEVERAGES

Green tea
Herbal tea
Mineral water
White tea
Organic coffee

SAUCES

Coconut aminos* (soy-replacement)
Fish sauce (Red Boat brand)
Hot sauce (gluten-free)
Mustard (gluten-free)
Vinegars: apple cider*, red wine, distilled, rice and balsamic (avoid malt vinegar)

TREATS & SWEETS

FOR OCCASIONAL USE

Carob powder
Cocoa powder
Honey
Maple syrup
Molasses
Dark chocolate

CP = cold-pressed **Bold = nightshades** *Italics = goitrogenic* * = FODMAP ^ = buy organic Buy as many of your pantry items as possible in organic form.

A Guide to Paleo Foods: Food Quality

Seek out as much real, whole food as possible. This includes foods without health claims on the packages or, better yet, not in packages at all. Think produce and butcher counter meats and seafood. After you've mastered making proper food choices, it's important to begin looking at the quality of the items. While buying the best quality is ideal in a perfect world, don't let those "best" labels keep you from doing the best you can within your means.

MEAT, EGGS & DAIRY

BEEF & LAMB

Best! 100% grass-fed and finished, pasture-raised, local

Better: grass-fed, pasture-raised

Good: organic

Baseline: commercial (hormone/antibiotic-free)

PORK

Best! pasture-raised, local

Better: free-range, organic

Good: organic

Baseline: commercial

EGGS & POULTRY

Best! pasture-raised, local

Better: free range, organic

Good: cage-free, organic

Baseline: commercial

DAIRY - Always buy full-fat

Best! grass-fed, raw/unpasteurized

Better: raw/unpasteurized

Good: grass-fed

Baseline: commercial or organic —*not recommended*

WHAT THE LABELS ON MEAT, EGGS & DAIRY MEAN

PASTURE-RAISED

Animals can roam freely in their natural environment where they are able to eat nutritious grasses and other plants or bugs/grubs that are part of their natural diet. There is no specific pasture-raised certification, though certified organic meat must come from animals that have continuous access to pasture regardless of use.

CAGE-FREE

"Cage-Free" means uncaged inside barns or warehouses, but they generally do not have access to the outdoors. Beak cutting is permitted. There is no third party auditing.

ORGANIC

Animals may not receive hormones/ antibiotics unless in the case of illness. They consume organic feed and have outdoor access but may not use it. Animals are not necessarily grass-fed. Certification is costly and some reputable farms are forced to forego it. Compliance is verified through third party auditing.

NATURAL

"Natural" means "minimally processed," and companies use this word deceivingly. All cuts are, by definition, minimally processed and free of flavorings and chemicals.

FREE-RANGE/ROAMING

Poultry must have access to the outdoors at least 51% of the time, and ruminants may not be in feedlots. There are no restrictions regarding what the birds can be fed. Beak cutting and forced molting through starvation are permitted. There is no third party auditing.

NATURALLY RAISED

"Naturally Raised," is a USDA verified term. It generally means raised without growth-promoters or unnecessary antibiotics. It does not indicate welfare or diet.

NO ADDED HORMONES

It is illegal to use hormones in raising poultry or pork; therefore, the use of this phrase on poultry or pork is a marketing ploy.

VEGETARIAN-FED

"Vegetarian Fed" implies that the animal feed is free of animal by-products but isn't federally inspected. Chickens are not vegetarians, so this label on chicken or eggs only serves to indicate that the chickens were not eating their natural diet.

Sources: humanesociety.org, ewg.org, sustainabletable.org

SEAFOOD

Best! wild fish

Better: wild-caught

Good: humanely harvested, non-grain-fed

Baseline: farm-raised—*not recommended*

WILD FISH/WILD-CAUGHT FISH

"Wild fish" indicates that the fish was spawned, lived in, and was caught in the wild. "Wild-caught fish" may have been spawned or lived some part of their lives in a fish farm before being returned to the wild and eventually caught. The Monterey Bay Aquarium maintains a free list of the most sustainable seafood choices on their website.

PRODUCE

Best! local, organic, and seasonal

Better: local and organic

Good: organic or local

Baseline: conventional

WHEN TO BUY ORGANIC:

Buy organic as often as possible, prioritize buying the Environmental Working Group's "The Dirty Dozen" as organic versus "The Clean Thirteen" -visit: ewg.org for details

PRODUCE SKUs:

Starts with 9 = organic - ideal
Starts with 3 or 4 = conventionally grown
Starts with 8 = genetically modified, (GMO) or irradiated - avoid

FATS & OILS

SEE THE 'FATS & OILS GUIDE' FOR DETAILS

Best! organic, cold-pressed, and from well-raised animal sources

Better: organic, cold-pressed

Good: organic or conventional

NUTS & SEEDS

KEEP NUTS & SEEDS COLD FOR FRESHNESS

Best! local, organic, kept cold

Better: local, organic

Good: organic

Baseline: conventional

A Guide to Paleo Foods: Fats & Oils

Cleaning up your diet by using the right fats and oils is essential to improving your health from the inside out. Changing the fats and oils you use at home is the first step toward creating dishes from nutrient-dense, whole foods based on what you have on hand. Avoid overly processed and refined forms of fats and oils. Opt for organic whenever possible. Refer to the "Guide to Cooking Fats" for more details.

EAT THESE: HEALTHY, NATURALLY OCCURRING, MINIMALLY PROCESSED FATS

SATURATED: FOR HOT USES

BUY ORGANIC, UNREFINED FORMS

Coconut oil
Palm oil

IDEALLY FROM PASTURE-RAISED, GRASS-FED, ORGANIC SOURCES

Butter
Ghee, clarified butter
Lard, bacon grease (pork fat)
Tallow (beef fat)
Duck fat
Schmaltz (chicken fat)
Lamb fat
Full-fat dairy
Eggs, meat, and seafood

UNSATURATED: FOR COLD USES

BUY ORGANIC, EXTRA-VIRGIN, AND COLD-PRESSED FORMS

Olive oil
Sesame oil
Macadamia nut oil
Walnut oil
Avocado oil
Nuts & seeds (including nut & seed butters)
Flaxseed oil**

NOTE: Unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. Do not consume damaged fats.

Cold-pressed flaxseed oil is okay for occasional use but supplementing with it or doses of 1-2 tablespoons per day is ***not* recommended as overall PUFA (polyunsaturated fatty acid) intake should remain minimal.

DITCH THESE: UNHEALTHY, MAN-MADE FATS & REFINED SEED OILS ARE NOT RECOMMENDED

Hydrogenated or partially hydrogenated oils, as well as manmade trans-fats or "buttery spreads" like Earth Balance, Benecol, and I Can't Believe It's Not Butter are not healthy. These oils are highly processed and oxidize easily via one or more of the following: light, air, or heat.

Margarine/buttery spreads
Canola oil (also known as rapeseed oil)
Corn oil
Vegetable oil
Soybean oil
Grapeseed oil
Sunflower oil
Safflower oil
Rice bran oil
Shortening made from one or more of the above-listed "ditch" oils

A Guide to Paleo Foods: Cooking Fats

Choose fats and oils based on: **1.** How they're made—choose naturally occurring, minimally processed options first; **2.** Their fatty acid composition—the more saturated they are, the more stable/less likely to be damaged or oxidized; **3.** Smoke point—this tells you how hot is too hot before you will damage the fats, though it should be considered a secondary factor to fatty acid profile.

ITEM NAME	% SFA	%MUFA	% PUFA	SMOKE POINT UNREFINED/REFINED
BEST BETS - RECOMMENDED FOR HIGH-HEAT COOKING, THE MOST STABLE FATS				
Coconut oil	86	6	2	350/450
Butter/ghee	63	26	.03	300/480
Cocoa butter	60	35	5	370
Tallow/suet (beef fat)	55	34	.03	400
Palm oil	54	42	10	455
Lard/bacon fat (pork fat)	39	45	11	375
Duck fat	37	50	13	375

OKAY - FOR VERY LOW-HEAT COOKING, MODERATELY STABLE FATS				
Avocado oil*	20	70	10	520
Macadamia nut oil*	16	80	4	410
Olive oil*	14	73	11	375
Peanut oil**	17	48	32	320/450
Rice Bran Oil**	25	38	37	415

NOT RECOMMENDED FOR COOKING, VERY UNSTABLE FATS				
Safflower oil**	8	76	13	225/510
Sesame seed oil*	14	40	46	450
Canola oil**	8	64	28	400
Sunflower oil**	10	45	40	225/440
Vegetable shortening**	34	11	52	330
Corn oil	15	30	55	445
Soybean oil	16	23	58	495
Walnut oil*	14	19	67	400
Grapeseed oil	12	17	71	420

SFA - saturated fatty acid

MUFA - monounsaturated fatty acid

PUFA - polyunsaturated fatty acid

*While not recommended for cooking, cold-pressed nut and seed oils that are stored in the refrigerator may be used to finish recipes or after cooking is completed—for flavor purposes.

** While the fatty acid profile of these oils may seem appropriate at first glance, the processing method by which they are made negates their healthfulness—they are not recommended for consumption, neither hot nor cold.

A Guide to Paleo Foods: Sweeteners

How many of these sweeteners do you use or find in your favorite packaged foods? Perhaps it's time for a change! Artificial sweeteners are never recommended, while the limited use of selected, more naturally derived options can be okay for treats and special occasions. Sweeteners should not be considered "food" or nourishment.

NATURAL, USE SPARINGLY

PREFERRED CHOICES ARE IN BOLD. USE ORGANIC FORMS WHENEVER POSSIBLE

Brown sugar
Dates (whole)
Date sugar
Date syrup
Cane sugar
Raw sugar
Turbinado
Cane juice
Cane juice crystals
Coconut nectar
Coconut sugar/crystals
Fruit juice (real, fresh)
Fruit juice concentrate
Honey (raw)
Maple syrup (grade b)
Molasses
Palm sugar
Stevia (green leaf or extract)

ARTIFICIAL, NEVER CONSUME

Acesulfame K (Sweet One)
Aspartame (Equal, Nutra-Sweet)
Saccharin (Sweet'N Low)
Stevia: white/bleached (Truvia, Sun Crystals)
Sucralose (Splenda)
Tagatose

NATURAL, BUT NOT RECOMMENDED

Agave
Agave nectar
Barley malt
Beet sugar
Brown rice syrup
Buttered syrup
Caramel
Carob syrup
Corn syrup
Corn syrup solids
Demerara sugar
Dextran
Dextrose
Diastatic malt
Diastase
Ethyl maltol
Fructose
Glucose / glucose solids
Golden sugar
Golden syrup
Grape sugar
High fructose corn syrup
Invert sugar
Lactose
Levulose
Light brown sugar
Maltitol
Malt syrup
Maltodextrin
Maltose
Mannitol
Muscovado
Refiner's syrup
Sorbitol
Sorghum syrup
Sucrose
Treacle
Yellow sugar
Xylitol (or other sugar alcohols, typically they end in "-ose")

SUGAR IS SUGAR, BUT NOT REALLY

It does make a difference which sweeteners you select, contrary to popular belief and the mainstream media. While all caloric sweeteners have the same number of calories (16 per teaspoon), evaluating their place in your diet may be done by considering a few factors.

HOW IT'S MADE

The more highly refined a sweetener is, the worse it is for your body. For example, high fructose corn syrup (HFCS) and artificial sweeteners are all very modern, factory-made products. Honey, maple syrup, green leaf stevia (dried leaves made into powder), and molasses are all much less processed and have been made for hundreds of years. In the case of honey, almost no processing is necessary. As a result, raw, organic, local honey is recommended as the ideal natural sweetener.

WHERE IT'S USED

This is a reality check. When you read the ingredients in packaged, processed foods, it becomes obvious how most of them use highly-refined, low-quality sweeteners. Food manufacturers often even hide sugar in foods that you didn't think were sweets! Many foods that have been made low or non-fat have added sweeteners or artificial sweeteners—avoid these products!

HOW YOUR BODY PROCESSES IT

Here's where the HFCS commercials really get things wrong: your body actually does not metabolize all sugar the same way.

Interestingly enough, sweeteners like HFCS and agave nectar were viewed as better options for diabetics for quite some time since the high fructose content of both requires processing by the liver before the sugar hits your blood stream. This yielded a seemingly favorable result on blood sugar levels after consuming said sweeteners. However, it's now understood that isolated fructose metabolism is a complicated issue and that taxing the liver excessively with such sweeteners can be quite harmful to our health.

Fructose is the primary sugar in all fruit. When eating whole fruit, the micronutrients and fiber content of the fruit actually support proper metabolism and assimilation of the fruit sugar. Whole foods for the win!

A Guide to Paleo Foods: Dense Sources of Paleo Carbs

Removing grains, legumes, and refined foods from your diet doesn't mean that carbohydrates need to all disappear! Check out this list of dense sources of carbohydrates while eating a Paleo diet. While fruits and nuts are all fairly high in carbohydrates, this list is a guide to starchy vegetables to eat. Remember, these are some of your "good carbs!"

THERE ARE CARBS BEYOND BREAD — EAT UP

ITEM NAME	CARBS PER 100G	FIBER PER 100G	CARBS PER 1 CUP	OTHER NOTABLE NUTRIENTS
Cassava (raw)	38g	2g	78g	Vitamin C, Thiamin, Folate, Potassium, Manganese
Taro root	35g	5g	46g, sliced	B6, Vitamin E, Potassium, Manganese
Plantain	31g	2g	62g, mashed	Vitamin A (beta carotene), Vitamin C, B6, Magnesium, Potassium
Yam	27g	4g	37g, cubed	Vitamin C, Vitamin B6, Manganese, Potassium
White potato	22g	1g	27g, peeled	Trace Vitamin C
Sweet potato	21g	3g	58g, mashed	Vitamin A (beta carotene), Vitamin C, B6, Potassium, Manganese, Magnesium, Iron, Vitamin E
Parsnips	21g	4g	27g, sliced	Vitamin C, Manganese
Lotus root	16g	3g	19g, sliced	Vitamin C, B6, Potassium, Copper, Manganese
Winter squash	15g	4g	30g, cubed	Vitamin C, Thiamin, B6
Onion	10g	1g	21g, chopped	Vitamin C, Potassium
Beets	10g	2g	17g, sliced	Folate, Manganese
Carrots	10g	3g	13g, chopped	Vitamin A (beta carotene), Vitamin K1
Butternut squash	10g	-	22g	Vitamin A (beta carotene), Vitamin C
Rutabaga	9g	2g	21g, mashed	Vitamin C, Potassium, Manganese,
Jicama (raw)	9g	5g	12g, sliced	Vitamin C
Kohlrabi	7g	1g	11g, sliced	Vitamin C, B6, Potassium, Copper, Manganese
Spaghetti squash	6g	1g	9g	Trace
Turnips	5g	2g	12g, mashed	Vitamin C, Potassium, Calcium, B6, Folate, Manganese
Pumpkin	5g	1g	12g, mashed	Vitamin C, Vitamin E, Potassium

Source: nutritiondata.com

A Guide to Paleo Foods: Gluten

What is it? Gluten is a protein found in wheat, rye oats, and barley. Gluten is the composite of a prolamin and a glutelin, which exist, conjoined with starch, in the endosperm of various grass-related grains. Gliadin, a water-soluble, and glutenin, a water-insoluble, (the prolamin and glutelin from wheat) compose about 80% of the protein contained in wheat seed. Being insoluble in water, they can be purified by washing away the associated starch. Worldwide, gluten is a source of protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein.

If you have a severe allergy and have to follow a STRICT gluten-free diet, this means you may become very ill if you eat food containing flours or grains of wheat, rye, barley, or oats.

You CAN eat food containing rice, maize, potatoes, vegetables, fruit, eggs, cheese, milk, meat, and fish as long as they are NOT cooked with wheat flour, batter, breadcrumbs, or sauce containing any of those ingredients.

For more gluten guides, visit celiactravel.com

SOURCES OF GLUTEN OR ITEMS THAT MAY CONTAIN HIDDEN GLUTEN

- Ales
- Barley
- Barley malt/extract
- Beer & lagers
- Bran
- Breading
- Broth
- Brown rice syrup
- Bulgur
- Candy coating
- Communion "wafers"
- Couscous
- Croutons
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Gloss & balms
- Graham flour
- Herbal blends
- Imitation
- Imitation seafood
- Kamut
- Lipstick
- Luncheon meats
- Malt
- Makeup
- Marinades
- Matzo flour/meal
- Meat/sausages
- Medications
- Orzo
- Panko
- Pasta
- Play dough
- Roux
- Rye
- Sauces
- Seitan
- Self-basting poultry
- Semolina
- Soup base
- Soy sauce
- Spelt
- Spice blends
- Stuffing
- Supplements
- Thickeners
- Triticale
- Udon
- Vinegar (malt only)
- Vital wheat gluten
- Vitamins
- Wafers
- Wheat
- Wheat bran
- Wheat germ
- Wheat starch

GLUTEN-FREE* (BUT STILL NOT RECOMMENDED)

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Millet
- Montina™
- Nut flour
- Bean flour
- Potato flour
- Potato starch
- Quinoa
- Rice
- Rice bran
- Sago
- Seed flour
- Sorghum
- Soy (soya)
- Tapioca
- Teff

GLUTEN-FREE BOOZE**

- Brandy
- Bourbon
- Cognac
- Gin
- Grappa
- Rum
- Sake
- Scotch
- Sherry
- Tequila
- Vermouth
- Vodka
- Whiskey
- Wine
- Champagne
- Mead
- Hard cider
- Gluten-free beers

MOST COMMON SOURCES OF HIDDEN GLUTEN

ALCOHOL: Beer, malt beverages, grain alcohols

COSMETICS: Check ingredients on makeup, shampoo, and other personal care items

DRESSINGS: Thickened with flour or other additives

FRIED FOODS: Cross contamination with breaded items in fryers

VINEGAR: Malt varieties

MEDICATIONS, VITAMINS, AND SUPPLEMENTS: Ask the pharmacist and read the labels closely

PROCESSED PACKAGED FOODS: Additives often contain gluten

SAUCES, SOUPS, AND STEWS: Thickened with flour

SOY, TERIYAKI, AND HOISIN SAUCES: Fermented with wheat

SIGNS OF GLUTEN EXPOSURE

- Abdominal bloating
- Fatigue
- Skin problems or rashes
- Diarrhea or constipation
- Irritable, moody
- Change in energy levels
- Unexpected weight loss, mouth ulcers, depression, and Crohn's disease are more severe gluten allergy symptoms you may experience.

Consult with your nutritionist or physician if you experience symptoms of a gluten exposure that result in prolonged discomfort.

FOR MORE INFORMATION ON GLUTEN

These sites are not necessarily "Paleo" but will give ample information for those who need to be 100% strictly gluten-free

celiac.com
celiac.org
celiaccentral.org
celiaclife.com
celiactravel.com
celiacsolution.com
elanaspantry.com
glutenfreegirl.com
surefoodsliving.com