

Gluten-free Food Choice List

Carbohydrate-Based Foods							
Low Glycemic Carbohydrate			Moderate Glycemic Carbohydrate		High Glycemic Carbohydrate		
Vegetables	Non-starchy Vegetables (1 cup)				Winter Vegetables		Starchy Vegetables French fries (½ small order, ~15 thin French fries) Mashed potatoes Potato, boiled Potato, baked (1 small)
	Artichoke Asparagus Bok choy Broccoli Cabbage Carrots	Cauliflower Celery Collards Cucumber Eggplant Green bean Lettuce	Mushroom Onions Peppers Radishes Salsa Snap peas Spinach	Summer squash Tomatoes Turnip Wax beans Zucchini	Acorn squash Beets Butternut squash Green peas Parsnips	Pumpkin Sweet potato (1 small) Yam Corn	
Fruits	"Low-Gly" Fruit (1 cup)				Processed Fruit	Tropical Fruit	Sugary Fruits Fruit juices Juice drinks Fruit canned in light or heavy syrup
	Apple Apricot Berries Cantaloupe Cherries	Clementine Grapefruit Grapes Honeydew Kiwi	Lemon Lime Nectarine Orange Peach	Pear Plum Tangelo Tangerine Watermelon	Apple sauce Canned fruit - 100% Juice Dried Fruit (2 Tbsp) *Avoid dates rolled in oat flour	Banana Mango/Papaya Pineapple Plantain	
Beans	Beans Any Kind!						Beans with Sugar Baked beans (½ cup)
Grains					100% Whole Grain Food Dietary Fiber ≥3g Sugars ≤ 3g Bread (1 slice) Bagel (1 mini) Crackers Waffle (4") Wrap/Tortilla (6")	Cereal and Bars Dietary Fiber ≥4 g Sugars ≤6 g Cold cereals Granola bars Steel-cut oats Rolled oats Pasta & Grains ≥3g Dietary Fiber Basmati/Brown/Wild rice Quinoa	Processed/"White" Foods Dietary Fiber ≤ 3g, Sugars ≥3g "White" Bread (1 slice) Bagel (¼ large, 1 mini) Bread sticks/rolls (1 small) Crackers Muffin (1 small) Pancake/Waffle (4") Pizza (½ of 12") Stuffing (½ cup) Taco shell/Tortilla (6")
							Cereal and Bars Dietary Fiber ≤4 g Sugars ≥ 6 g Cold cereals Granola bars Instant Oatmeal Rice and Other Dietary Fiber ≤3g Jasmine Rice White Rice
Snacks Sweets					Snacks, Sweets and Sugary Drinks		
					Packaged Chips (10) Frozen appetizer (2 small) Popcorn Pretzels (10 thin) Rice cake(2) 100 calorie packs	Sweets Brownie (2"x 2") Cake (1 "sliver") Cookie (2 sm.) Cupcake (1) Danish (1 sm.) Doughnut (½) Ice cream Pudding	Toppings (1 tbsp.) Cranberry sauce Marshmallow-fluff Honey Jam/Jelly Chocolate-hazelnut spread Sugar/Syrup Ketchup Whipped topping
				Sugary Drinks (>0 grams sugars) Cola, Soda, Sweet Tea, Lemonade, Ginger Ale, Sports drinks, 100% Fruit Juice, Juice Drink, Coconut water, Orange Soda, Coffee/Energy Drinks			

Modified from Boston Children's Hospital Optimal Wellness for Life Clinic's Food Choice List 2023

Please choose labeled gluten-free grain-based food (bread, hot/cold cereal, bars, etc.) grains (except plain rice), and packaged snacks/sweets.

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Protein-Based Foods (Gluten-free)					
Eat according to Balanced Meals & Paired Snacks.					
Cheese	All cheese flavors/types Brick (hard) cheese (1" slice) Cottage (¼ cup) Crumbled style (¼ cup) Goat (soft) Cheese (2 Tbsp.)		Grated Style (¼ cup) Shredded style (¼ cup) Sliced Cheese (1 slice)	Stick or String Cheese (1) Ricotta (¼ cup) Wedge or Wheel (1 piece)	
Eggs	Whole egg (1 egg)		Egg whites (2)	Egg substitute (¼ cup)	
Soy	All soy (3 ounces, 1 palm) Tempeh		Textured vegetable protein Tofu	"Veggie" burger	
Milk Yogurt	Plain Milk (1 cup) 1% or 2% white milk "Original" Soy milk		Plain Yogurt (1 cup or 1-6 ounce container) Plain regular Plain Greek	High Glycemic Proteins Sweetened dairy products/beverages Yogurts >8 g sugar per serving Processed/breaded nuggets (chicken or fish)	
Fish	All fish (3 ounces, 1 palm size) Catfish Cod Flounder Haddock		Salmon Swordfish Tilapia Tuna		Shellfish (3 ounces, 1 palm size) Clams Crab/Lobster Scallops Shrimp
Poultry	All poultry (3 ounces, 1 palm size) Chicken Turkey		Deli Poultry (3 slices) Chicken breast Turkey breast Turkey ham		
Meat	All Beef (3 ounces, 1 palm size) Ground beef Hot Dog Sausage Sirloin tip/strip Tenderloin Veal		All Pork (3 ounces, 1 palm size) Bacon Canadian Bacon Hot Dog Pork Chop Sausage Tenderloin		Lamb (3 ounces, 1 palm size) Sirloin Lamb chop Loin chop
					Deli Meat (3 slices) Bologna Ham Pepperoni Roast Beef Salami
Fat-Based Foods					
Eat according to Balanced Meals & Paired Snacks.					
Nuts Seeds	Raw or Lightly Salted Nuts (½ cup) Almonds Brazil nuts Cashews Hazelnuts Macadamia Peanuts Pecans Pine nuts Pistachios Soy nuts Walnuts			Low Sugar (<3 g) Nut butters (1 Tbsp.) Almond butter Cashew butter Peanut butter Soy butter	Seeds (2 Tbsp.) Flaxseed Pumpkin seeds Sesame seeds Sunflower seeds
Oils Dressing	Oils (1 Tbsp.) Canola oil Olive oil Peanut Oil Sesame oil Soybean oil Walnut oil		Oily Spreads (2 Tbsp.)	Low Sugar (<3 g) Dressings (2 Tbsp.) Italian dressing Mayonnaise Ranch dressing	Oily Foods Avocado/Guacamole (2 Tbsp.) Hummus (2 Tbsp.) Olives (8-10)
Spreads	Butter (1 Tbsp.)		Cream Cheese (1 Tbsp.)	Sour Cream (2 Tbsp.)	

Please choose labeled gluten-free soy-based products, non-dairy beverages, deli meats, nuts and seeds (whenever possible), and dressings
 Modified from the Boston Children's Hospital Optimal Wellness for Life Clinic's Food Choice List, 2023