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GLUTEN FREE FOOD LIST: The Complete A To Z Guide



Synopsis

When I first got diagnosed with Celiac Disease, I did what you did: went online and downloaded everything I could. I also ordered the kits and guides from the Celiac associations both from the U.S. and Canada. ...with my naked eye (though I did have 2 decades of sports nutrition knowledge) I could see flaws with several items. I knew I couldn't trust any of those lists to keep me 100% safe. It shocked me that I couldn't find a truly accurate list anywhere. There were shopping guides, but those are updated every 1-4 years and manufacturers change ingredients without notice. they're outdated before ever being published. You can't use end product lists. The ONLY way to be safe is to check each ingredient. Yes, it's tedious to check every ingredient on every label, but it's truly the only way to ensure safety. There's nothing more important than your health. It's worth your time to check labels. It's non-optional if you want to be 100% well. Concerned for my own health and yours, I took a whole year and exhaustively, obsessively researched every single commercial ingredient. I tossed out every piece of information and free download I had and started it all from scratch. The result is this list. The most accurate you will find anywhere in the world, and it is valid in any country you are in because it breaks it down to each ingredient. If you are gluten sensitive or have Celiac / Coeliac Disease, this will be the most important few dollars you ever spend. Download it on your smartphone (or print) and carry it around with you everywhere. Stay Safe, Jaqui Karr

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Customer Reviews

I've been gluten free for 17 yrs and I still don't know all the foods to avoid when shopping or dining out... there are so many names, ingredients and chemicals to track that it's just not possible to keep them all straight. With this new mobile app, I'll be able to reference names on the run with a renewed confidence in the accuracy and completeness of my source. I've seen and heard a lot of miss-information throughout my personal journey to healing and I'd say that it was easier in 1995 to figure things out than it is today. There were no labels claiming that a product was GF, when in fact it was anything but gluten free. This is especially important for an individual who is just beginning to start to allow their body to heal through the absence of gluten and its harmful effects. Thank you Jaqui for your dedication to the gluten free community and for the research that you do to keep the most current and cutting edge knowledge flowing through your network of students. Respectfully, Josh Stratton

Gluten Free Food List is a valuable addition to the library of anyone who is celiac or gluten intolerant. I have been very disappointed in most of the books I have read about eating gluten free. Nearly all of them are based on "conventional wisdom" or rumour or conjecture or wishful thinking. Jaqui Karr presents an extensive list of foods and rates them as safe, unsafe or questionable for consumption on a gluten free diet. If a food is rated questionable, she explains why. Her writing is based on solid research and personal experience with celiac disease.

I do not have Celiac's disease, but in pursuing a more healthy lifestyle and after having read Wheat Belly, I decided that my husband and I would try to reduce our wheat intake. That would seem to be an easy task, just stay away from breads, pasta, and pastries. But there are so many other products that have gluten in them, even if it is only in small amounts. This book makes it easy to look up ingredients and foods and find out if they are gluten free, contain gluten or whether it is questionable whether or not it has gluten in it. I have it on my iPad and my iPhone so that I can take it with me wherever I go.

I have needed a list of things I can eat instead of experimenting. It is hard to figure this out by yourself; you get discouraged and quit eating anything. Because when you eat, you get sick.

I think this is one of the best books out there if you are following a gluten-free lifestyle. I use it every time I shop, as there are a lot of items on package labels that are questionable as far as gluten content. I would recommend it to anyone who is interested in restricting their gluten intake.

I was surprised, this book contains the grocery store of gluten-free items. Good to take with for shopping so you have handy help.

Without question, the most comprehensive list of safe and unsafe foods and additives I have come across. I have it on my phone and use it everyday, shopping or dining out.

Informative, helpful, concise, and valuable to the newbie gluten-free person. No riveting plot but still an interesting read.

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