

## List of Healthy GFCF Food

**Grains:** Millet, quinoa (white and red), brown rice, buckwheat, amaranth, corn.

**Pastas:** Brown rice pasta, quinoa with corn pasta.

**Vegetables:** Green beans, carrots, parsnips, winter squash - butternut, acorn, sweet potato, yam, zucchini, broccoli, cauliflower, cabbages, asparagus, artichoke, cucumber, celery, garlic, onion.

**Leafy Vegetables:** Green leafy veg - lettuces, spinach, chard, kale, collards.

**Nightshades:** Peppers, tomatoes, potatoes - red skin, eggplant.

**Sprouts:** Alfalfa sprouts, sunflower seed sprouts, daikon sprouts.

**Legumes:** Lentils, black beans, kidney, pinto, adzuki, dried beans.

**Meat/Fish/Poultry:** Egg, tilapia, petrale sole, chicken, turkey, chicken/turkey sausages, beef, buffalo.

**Fruits/Nuts:** Banana, orange, apple, lemon, avocado, berries, grapes, cherries, coconut, almonds, walnuts.

**Asian Food:** Chinese food with brown rice, Indian curry (be careful here as some sauces do contain gluten).