

## Gluten-Free Diet Guidelines

### Allowed:

- Meats, fish, poultry
- Fruits and vegetables
- Gluten-free grains: rice, corn, quinoa, cassava
- Legumes
- Dairy products (if tolerated)
- Gluten-free labeled products

### Avoid:

- Wheat, barley, rye
- Traditional pasta, bread, baked goods (unless GF-labeled)
- Beer (unless gluten-free)
- Most soy sauces (unless GF-labeled)