

GLUTEN
Free

FOODS



Dietitian
Jill's

5
DAY

GOOD
GUT
Challenge

pasta



bread



This is only a sample of what you can get in the U.S. For more Gluten Free info and ideas, check out the article, [*Eating Gluten Free*](#) at healyourhealthnow.com

GLUTEN
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FOODS



Dietitian
Jill's

5
DAY

GOOD
GUT
Challenge

cereal



sweets



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GLUTEN
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Dietitian
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5
DAY

GOOD
GUT
Challenge

snacks



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Dietitian
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FOODS

foods to eat

- Fruits
- Vegetables
- Meat and poultry
- Fish and seafood
- Dairy
- Beans, legumes, and nuts

non-gluten

- Amaranth
- Arrowroot
- Beans
- Cassava
- Chia
- Corn
- Flax
- Gluten-free oats
- Millet
- Buckwheat (kasha)
- Nut flours
- Potato
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff
- Yucca

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