































# Gluten Free Products: CHECKLIST

	Gluten free	Need to check	Not allowed
 <b>Additives</b>	<ul style="list-style-type: none"> <li>Gums and thickeners</li> </ul>	<ul style="list-style-type: none"> <li>Rest of additives</li> </ul>	-
 <b>Algae</b>	<ul style="list-style-type: none"> <li>All of them in their natural form</li> </ul>	<ul style="list-style-type: none"> <li>Packaged</li> </ul>	-
 <b>Baby food</b>	<ul style="list-style-type: none"> <li>Infant formula (0-12 months), ongoing milk (1-3 years) and growing milk(+3 years).</li> </ul>	<ul style="list-style-type: none"> <li>Instant flours, ready-to-eat porridges</li> <li>Growing milk with cereals</li> <li>Puree for infants</li> </ul>	-
 <b>Appetizers and pickles</b>	<ul style="list-style-type: none"> <li>Pickles without aromas or spices (e.g. cucumbers, spring onions, etc.)</li> <li>Olives (with or without pits)</li> </ul>	<ul style="list-style-type: none"> <li>Vinegar with other ingredients</li> <li>Olives stuffed with aromas or spices</li> <li>French fries and other pocket snacks (popcorn, cereal coquettes...)</li> </ul>	<ul style="list-style-type: none"> <li>Bulk (even if the primary packaging has a "gluten-free" mention or logo)</li> </ul>
 <b>Alcoholic drinks and 0.0% alcohol</b>	<ul style="list-style-type: none"> <li>Distilled drinks (brandy, cognac, brandy, anise, cazalla, gin, rum, tequila, vodka, whiskey - without other ingredients or aromas)</li> <li>Cava, champagne and cider</li> <li>All wines and sparkling wines</li> <li>Vermouth, sangria and "tinto de verano"</li> </ul>	<ul style="list-style-type: none"> <li>Soft drinks (0.0% alcohol)</li> <li>Creamy drinks and liqueurs</li> <li>Gluten-free beer (check labeling Crossed Grain Trademark)</li> <li>Liquors</li> </ul>	<ul style="list-style-type: none"> <li>Craft drinks: ratafia, patcharan, etc.</li> <li>Beer with gluten</li> </ul>
 <b>Non-alcoholic drinks</b>	<ul style="list-style-type: none"> <li>Bottled water (sparkling and flavored)</li> <li>Fruit and/or vegetable juice and nectar</li> <li>Energetic and isotonic drinks</li> <li>Coffee: in bulk and whole (natural, roasted, mixed or decaffeinated), capsules</li> <li>Soft drinks (cola, lemon, tonic, fizzy, siphon (light, zero sugar, no caffeine)</li> <li>Monoplant infusions</li> <li>Natural packaged horchata</li> <li>Chicory</li> </ul>	<ul style="list-style-type: none"> <li>Energetic and isotonic powders</li> <li>Instant coffee and capsules with ingredients other than coffee</li> <li>Fruit and vegetable smoothies with different ingredients</li> <li>Vegetable drinks: soy, rice, almond, quinoa, oat...</li> <li>Infusions (multi-plant) in bags with spices, fruits and other ingredients.</li> </ul>	<ul style="list-style-type: none"> <li>Herbal infusions in bulk</li> <li>Beverage vending machine product.</li> <li>Craft drinks.</li> </ul>
 <b>Cocoa</b>	<ul style="list-style-type: none"> <li>100% Cocoa powder</li> <li>Cocoa butter, cocoa paste</li> </ul>	<ul style="list-style-type: none"> <li>Products containing cocoa and other ingredients: tablets, chocolates, spreads, powdered preparations...</li> </ul>	-
 <b>Meat, meat products and cold meat</b>	<ul style="list-style-type: none"> <li>Ham and shoulder, whole piece or sliced packaged</li> <li>Extra cooked ham, jerky and loin, whole piece or packaged sliced</li> <li>All types of meat and viscera (fresh or frozen) that do not contain other ingredients (except preservatives)</li> </ul>	<ul style="list-style-type: none"> <li>Bacon, bacon and pork belly: fresh, salted, cooked or semi-cooked (not sliced)</li> <li>Sausages (chorizo, sausage, cooked breast, cooked ham,...)</li> <li>Meat products: smoked, macerated with sauce, pre-cooked or prepared.</li> <li>Minced products: sausages, frankfurters, burgers, pâtés, minced meat...</li> </ul>	<ul style="list-style-type: none"> <li>Meat and meat products dispensed and handled in-situ</li> <li>Breaded or coated meat products</li> </ul>
 <b>Cereals and pseudocereals</b>	<ul style="list-style-type: none"> <li>Unprocessed, unmilled and packaged cereals: rice, corn</li> <li>Unprocessed, unmilled and packaged pseudocereals: buckwheat/buckwheat, millet, sorghum, teff, quinoa, amaranth</li> </ul>	<ul style="list-style-type: none"> <li>Gluten-free cereal and pseudocereal flours</li> <li>Oats (labelled with Crossed Grain Trademark)</li> <li>Wheat starch, starch from other cereals</li> <li>Vegetable fibers (ex: psyllium)</li> <li>Popcorn (Microwave)</li> <li>Droplets of rice, quinoa... ready for consumption.</li> <li>Gluten-free couscous</li> <li>Cereal coquettes</li> </ul>	<ul style="list-style-type: none"> <li>Wheat, barley rye, spelled, Kamut®, triticale, non-certified oats</li> <li>Flours or products made from the above cereals</li> <li>Gluten free by nature in bulk</li> </ul>
 <b>Dietary products and supplements</b>	<ul style="list-style-type: none"> <li>Fresh and freeze-dried royal jelly</li> <li>Granular pollen</li> <li>Wheat germ oil</li> </ul>	<ul style="list-style-type: none"> <li>Any supplement in tablets, powder... (creatine, beta alanine, protein isolate, multivitamins...)</li> <li>Vegetable fibers</li> <li>Meal replacements (shakes)</li> </ul>	<ul style="list-style-type: none"> <li>Wheat bran and other cereals with gluten</li> <li>Wheat germ</li> </ul>
 <b>Spices and seasonings</b>	<ul style="list-style-type: none"> <li>Natural colorings and aromas, without grinding: saffron, vanilla pods, cinnamon stick...</li> <li>Spices: all those found in their natural state (without grinding or chopping) and packaged (eg: grain, leaf, flake...)</li> <li>Licorice root</li> <li>Salt</li> <li>Wine, apple or cider vinegar, with designation of origin (ex: Modena, Jerez...)</li> </ul>	<ul style="list-style-type: none"> <li>Vinegar creams, rice vinegar</li> <li>Many spices and a mixture of spices (cumin in grain and powder, paprika, curry, ground oregano, lots of basil...)</li> </ul>	<ul style="list-style-type: none"> <li>Bulk (even if the primary packaging has a "gluten-free" mention or logo)</li> </ul>
 <b>Dry fruit</b>	<ul style="list-style-type: none"> <li>Whole: with or without shell (raw)</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruit flours (ex: almond)</li> <li>Toasted, fried, salty or with sugar</li> <li>Chopped, in grain, in powder...</li> <li>Nut bars</li> <li>Nut creams</li> </ul>	<ul style="list-style-type: none"> <li>Bulk (even if the primary packaging has a "gluten-free" mention or logo)</li> </ul>
 <b>Flours and realted flours</b>	-	<ul style="list-style-type: none"> <li>From gluten-free cereals and pseudo-cereals, dried fruit, legumes and tubers</li> </ul>	<ul style="list-style-type: none"> <li>Cereal flours and semolina with gluten</li> </ul>

	<b>Fruits and juices</b>	<ul style="list-style-type: none"> <li>Fresh fruit</li> <li>Preserves: fruits in their juice, compote, syrup, quince...</li> <li>Dried fruit (ex: dates, apricots...) and dehydrated (banana, apple...)</li> <li>Candied and glazed fruits</li> <li>Jams and preserves</li> <li>Juice, nectar and must</li> </ul>	<ul style="list-style-type: none"> <li>Figs dried and coated with flour</li> <li>Dehydrated and grated coconut</li> <li>Gazpacho, salmorejo...</li> </ul>	<ul style="list-style-type: none"> <li>Ready-to-eat fruit, chopped and packaged (IV Gama)</li> </ul>
	<b>Sweets and ice cream</b>	<ul style="list-style-type: none"> <li>Water-based ice cream (lemon ice cream, cola...)</li> <li>Iced drinks</li> </ul>	<ul style="list-style-type: none"> <li>Hard and soft candies</li> <li>Ice creams not based by ice</li> <li>Sweets</li> <li>Chewing gum</li> <li>Edible decoration shavings</li> </ul>	<ul style="list-style-type: none"> <li>Bulk (even if the primary packaging has a "gluten-free" mention or logo)</li> </ul>
	<b>Seeds</b>	<ul style="list-style-type: none"> <li>All of them in their natural form</li> </ul>	<ul style="list-style-type: none"> <li>Seed mix</li> <li>Powdered seeds</li> </ul>	<ul style="list-style-type: none"> <li>Bulk</li> </ul>
	<b>Legumes</b>	<ul style="list-style-type: none"> <li>Dried and cooked naturally (bean, chickpea, soy...)</li> </ul>	<ul style="list-style-type: none"> <li>Naturally cooked and dry packaged lentils</li> <li>hummus</li> </ul>	<ul style="list-style-type: none"> <li>Bulk (raw or cooked)</li> </ul>
	<b>Milk and dairy products</b>	<ul style="list-style-type: none"> <li>Milk: sterilized, UHT, evaporated, condensed, concentrated...</li> <li>Special milks (lactose-free, enriched in vitamins and minerals, fermented, powdered...)</li> <li>Cheese: fresh (curd, grated), soft, semi-cured, cured, whole, wedge or sliced (packaged), brie, goat, fresh mozzarella, feta...</li> <li>Cream or double cream (fat content 30-50%)</li> <li>Yoghurt: natural, Greek, skimmed, enriched, sweetened, sweetened...</li> <li>Kefir</li> <li>Curd</li> </ul>	<ul style="list-style-type: none"> <li>Light cream (less than 30% fat)</li> <li>Dairy desserts; custard, mousse, milkshakes...</li> <li>Vegetable desserts: rice, soy, coconut...</li> <li>Powdered preparations for dairy desserts: custard or rennet powder</li> <li>Grated and processed cheeses, with extra ingredients (spices, oils)</li> <li>Cheese substitutes for spreading</li> <li>Flavored yogurts, yogurt with or without pieces of fruit</li> <li>Vegetable drinks</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt with cereals that contain gluten</li> <li>Milks enriched with cereals</li> </ul>
	<b>Yeast</b>	<ul style="list-style-type: none"> <li>Fresh baker's yeast (<i>Saccharomyces cerevisiae</i>)</li> <li>Gasifiers: sodium bicarbonate and tartaric acid</li> <li>Fruit salt</li> </ul>	<ul style="list-style-type: none"> <li>Chemical yeast, powdered</li> <li>Nutritional yeast</li> </ul>	<ul style="list-style-type: none"> <li>Brewer's yeast</li> </ul>
	<b>Edible oils and fats</b>	<ul style="list-style-type: none"> <li>Vegetable oil: olive, sunflower, coconut...</li> <li>Animal fats: lard, bacon and butter (over 80% fat)</li> </ul>	<ul style="list-style-type: none"> <li>Flavored oils or with aromatic herbs</li> <li>Vegetable fats: margarine</li> <li>Dairy fats: less than 80% fat, (ex: easy-to-spread butter)</li> </ul>	-
	<b>Eggs and derived products</b>	<ul style="list-style-type: none"> <li>Egg derivatives: powder, dehydrated yolk, desiccated egg white, pasteurized liquid egg</li> <li>Fresh, chilled and cooked in shell</li> </ul>	<ul style="list-style-type: none"> <li>Products containing egg or egg products (ex: potato omelette, pre-cooked, scrambled egg...)</li> </ul>	-
	<b>Fish and seafood</b>	<ul style="list-style-type: none"> <li>Natural preserves, in oil (olive, sunflower or a mixture of vegetable oils), in vinegar, in lemon...)</li> <li>Fish (white and blue) and seafood: fresh, salted and in brine, dried, smoked, frozen...</li> <li>Squid ink (ingredients: cephalopod ink and salt)</li> </ul>	<ul style="list-style-type: none"> <li>Surimi and fish substitutes</li> <li>Processed products (burgers, pâté, preserves with sauces...)</li> <li>Pre-cooked fish and seafood</li> </ul>	<ul style="list-style-type: none"> <li>Breaded products or containing cereals with gluten</li> </ul>
	<b>Ready-to-eat meals</b>	-	<ul style="list-style-type: none"> <li>Mixture of naturally gluten-free products (fresh, frozen, dehydrated, to reconstitute...)</li> <li>Vegetables and ready-to-eat vegetables V Gama (creams, purees, gazpacho, omelette, pizzas...)</li> </ul>	-
	<b>Vegan and vegetarian products</b>	-	<ul style="list-style-type: none"> <li>Tofu and derivatives, miso, tempeh</li> <li>Vegetable "cream".</li> <li>Tahini, textured soy, carob</li> <li>Sausages, burgers, vegetable pâtés and other substitutes</li> </ul>	<ul style="list-style-type: none"> <li>Seitan</li> </ul>
	<b>Soups and sauces</b>	<ul style="list-style-type: none"> <li>Natural tomato (whole, grated, crushed and sieved)</li> <li>Squid ink</li> </ul>	<ul style="list-style-type: none"> <li>Commercial sauces (mayonnaise, ketchup...)</li> <li>Tamari sauce (soy sauce)</li> <li>Broths and broth tablets</li> <li>Dehydrated soups (in julienne and powder)</li> </ul>	<ul style="list-style-type: none"> <li>Soy sauce with gluten</li> </ul>
	<b>Sugar and sweeteners</b>	<ul style="list-style-type: none"> <li>White, brown, cane, panela sugar</li> <li>Artificial sweeteners (saccharin, stevia)</li> <li>Glucose and dextrose syrup (even if derived from gluten grains)</li> <li>Honey and molasses (cane honey)</li> </ul>	<ul style="list-style-type: none"> <li>Icing sugar, flavored (ex: vanilla)</li> <li>Liquid caramel</li> <li>Syrups</li> </ul>	-
	<b>Tubers and derived products</b>	<ul style="list-style-type: none"> <li>Potatoes, sweet potatoes, cassava, chuffle...</li> <li>Natural potato preserves (cooked)</li> </ul>	<ul style="list-style-type: none"> <li>Mashed potato flakes</li> <li>Pre-fried and pre-frozen potatoes</li> <li>Derived products: starches, flours, horchata...</li> </ul>	-
	<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Canned vegetables and/or natural vegetables</li> <li>Frozen vegetable soup</li> <li>Fresh Vegetables, mushrooms...</li> </ul>	<ul style="list-style-type: none"> <li>Vegetables and pre-cooked vegetables</li> <li>Vegetables ready to eat</li> </ul>	<ul style="list-style-type: none"> <li>Breaded or battered with gluten-containing cereal flours (tempura)</li> </ul>