

Gluten Free Food Guide

Gluten is a general name for the proteins found in wheat, rye and barley. Gluten helps foods maintain their shape. It acts as the “glue” that holds food together. Gluten can be found in many types of foods, even ones that would not be expected.

Missouri WIC Approved

Cold Cereals

General Mills only (12 oz and 18 oz)

- Rice Chex
- Corn Chex



Hot Cereals

Cream of Rice (14 oz)



Not Allowed

- Instant Cream of Rice
- 12 oz

Note: A risk factor for Celiac Disease (354) is required to receive General Mills Corn Chex and Rice Chex. Cream of Rice does not have a special risk factor requirement.

Brown Rice

Store brand only (16 oz)

- Whole unprocessed grain



Corn Tortillas

(16 oz)



Important: Brown rice and corn tortillas are foods that usually do not contain gluten. Read the label on the package to make sure the products were not grown or processed with foods containing gluten.

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Gluten can be added or may accidentally contaminate many foods, including those that are naturally gluten free. Make sure you read labels or contact the manufacturer if an ingredient is questionable on the nutrition facts label.

Usually Gluten Free

Canned Beans
Canned Fish
Cheese
Cultured Buttermilk
Dry Beans, Peas and Lentils
Eggs
Evaporated Milk
Fresh Fruit/Vegetables
Frozen Fruit/Vegetables
Goat Milk
Milk
Nonfat Dry Milk
Peanut Butter
Soy Milk
Tofu
Yogurt

Important: Read the label carefully on the package or contact the manufacturer to make sure the products were not grown or processed with foods containing gluten.

Not Gluten Free

Breakfast Cereals*
Grits
Whole Wheat Bread
Whole Wheat Pasta
Whole Wheat Tortillas



*Except for certified gluten free oats, corn chex and rice chex, other WIC approved breakfast cereals may contain gluten.

Note: For information about gluten free food, visit: <https://celiac.org>.



health.mo.gov/wic



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09/2015

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