

Name: _____

Date: _____

Gluten-Free Foods You Can Eat

Z W J T E N E K C I H C H D V C E C U T T E L S
M T T A E M B A R C T N K V T L M Q L B Y K O E
R F U C N B U C K W H E A T F I G K X Y R I C C
V A J N J T T U E S E E H C S S I W S O P U A I
W D O F T N R I H F S E G G S G I D P W D C S R
V O V V H E S E E H C A L L E R A Z Z O M O H N
T O T D A L A S Y F A E L N E E R G K R A D E W
V F P K Y S N J X N L N F E E B T S A O R Q W O
N A T F S A A C N S O V I I E J Y V I H R K B R
F E S A I B C E X T W M Y H T N A R A M A T U B
L S I G L S X E P O U E L A J W Y R W V C K T T
T W H E Z M H G T N E R X A M O B E P P H M T Y
R G A H C I O A K B E G K D S S Y T J S E K E T
U A M L S I M N Q Q D E P E Q H B T W P E U R M
G N M H S O R O D J S X R P Y R B U N R S E I I
O B D Y T E M D F S Z I U G I I D B Y O E C T P
Y E F W Q I L L L Z P T E F F M X D B U X I C O
P E P H L Q W O D I N O X H A P U N S T W I W Q
E F B L L P C C C J W F P A O U C O Q S W H H V
G O E M Y X M P G S Z W P C X L Q M H U A X N G
J T D I O D A C O V A P J F O D I L T P I D D L
A Y X L Y S N A E B K C A L B R A A P J T N V J
B D P K E Z H S B A N A N A Y W N L D O I I O F
N I J S G G E D E L B M A R C S E J J A S N D A

dark green leafy salad
almond butter
roast beef
buckwheat
lettuce
popcorn
tomato
millet
teff
pork

mozzarella cheese
swiss cheese
brown rice
coleslaw
avocado
chicken
quinoa
yogurt
milk
beef

scrambled eggs
black beans
wild rice
amaranth
almonds
shrimp
banana
turkey
eggs
ham

cashew butter
green peas
crab meat
sprouts
seafood
salmon
cheese
apple
fish