

Product Group	Gluten-free	May contain gluten	Containing Gluten
Cereals, flour and pasta	white and brown rice, corn, buckwheat, millet, amaranth, quinoa, tapioca, lentils, soybeans, as well as flours and groats made from these cereals, chestnut flour, coconut flour, almond flour, acorn flour, walnut flour; rice flakes, corn, rice and tapioca starch, rice noodles	cornflakes may contain barley malt; corn flour, rice flour, buckwheat and other naturally gluten-free flours available on the market may be contaminated by gluten	wheat (and its old varieties, e.g. spelt, emmer), triticale, barley, rye, regular oat; flour made of the above-mentioned cereals; semolina, couscous, barley groats (hulled, Mazurska, pearl), bulgur, muesli, oat cereal, instant cereal and milk-cereal porridge, wheat pasta, rye pasta, dumplings, pancakes, bread (white and whole-wheat bread, corn buns, baguettes, matzo, pumpernickel bread, crispbread, pretzels, etc.), biscuits, cakes, waffles, crackers, gingerbread, bread sticks, pies, pastries, pizza, hamburger buns, bread crumbs, wafers
Meat, fish, eggs	fresh and unprocessed meat, fish and eggs	cured meats (including high-quality ham), canned fish and meat, organ meats (blood sausage, liverwurst pate, pâté), delicatessen products (sausages, chops, meatballs, hamburgers), minced meat, meat ready for grilling, marinated fish and meat	batter for meat and fish as well as breaded dishes meat with spices containing gluten, stuffed meat



<p>Milk and dairy products</p>	<p>fresh milk, carton milk, powder milk, kefir, buttermilk, yogurt, curd cheese</p>	<p>fruit yoghurt, flavoured buttermilk, chocolate drinks, low-fat dairy products, processed cheese, cream (thickener), cheap cheeses (so-called cheese analogues); ready-made cottage cheese for cheesecakes (some manufacturers add wheat fibre), blue and yellow cheese</p>	<p>milk drinks with the addition of barley malt, dairy products, cereal grains</p>
<p>Fats</p>	<p>lard, margarine, vegetable oil, olive oil</p>	<p>mayonnaise, ready to eat sauces (salad dressings), butter</p>	<p>wheat germ oil</p>
<p>Vegetables and their products</p>	<p>all fresh vegetables</p>	<p>salads with dressings, tomato puree, some canned vegetables, potato pancakes, vegetarian products like soy cutlets, soy patties, frozen foods</p>	<p>batter fried vegetables</p>
<p>Fruit and their products</p>	<p>all fresh fruit</p>	<p>dried fruit, fruit pulp, frozen foods, preserves and jams</p>	<p>fruit in cakes and desserts</p>
<p>Sugar, sweets</p>	<p>sugar, homemade jellies and puddings with potato flour</p>	<p>chewing gum, jelly beans, stuffed sweets, ice cream, chocolate and pralines, crisps</p>	<p>cakes and biscuits, chocolate bars, waffles, barley malt, ready-made puddings, breadsticks, biscuits</p>



Beverages	tea and natural coffee, fruit juices, mineral water, homemade compotes, herbal infusions, wine, cider, champagne, tequila	some soluble low-quality coffee (especially flavoured), drinking chocolate, fruit and vegetable drinks, some flavoured alcoholic beverages (liqueurs, vodka)	chicory coffee, oat cocoa, barley malt sweetened beverages, beer, rye vodka
Spices	salt, fresh herbs, wine vinegar, apple cider vinegar	condiments like Vegeta, mustard, ketchup, powder sauces, ready-made dips and dressings, spices (often homogeneous, dried spices – e.g. thyme, basil - should not contain gluten, yet there is information that they may contain trace amounts of gluten - because of the fact that they are put on the same production lines which are also used for products containing gluten – then, their consumption is not allowed)	soy sauce
Others	baking soda, locust bean gum (carob)	weight-loss drugs, some drugs and multivitamin supplements, some flavours, vanilla sugar, powdered soups, majority of stock cubes, cosmetics (lipsticks, glosses)	baking powder, hydrolysed vegetable protein, seitan (a replacement for meat used by vegetarians), wheat flour hosts, Christmas wafers, soups thickened with flour, noodle soup and cast cake, sourdough soup

