

While we strive to limit the risk of cross-contamination, we are not a gluten-free environment. Please read labels and choose foods with this in mind. If you have questions, please ask a manager for assistance.

Foods for a Gluten-Free Diet

Safe Foods:

Acorn	Chickpea	bean	Sago
Almond flour	Corn	Guar gum	Sesame
Amaranth	Corn gluten	Hominy	Sorghum
Arborio rice	Corn meal	Lentils	Soy
Arrowroot	Cornstarch	Millet	Soybean
Buckwheat	Cottonseed	Montina	Sunflower seeds
Calrose	Dal	Potato starch	Tapioca
Canola	Dasheen	Quinoa	Teff
Cassava	Fava bean	Rice	Tofu
Channa	Flax seeds	Rice bran	Tofu
Chestnut	Garbanzo	Risotto	Xanthan gum

Flours: Bean, Corn, Potato, Rice, Taro, White, Chickpea, Coconut, Dasheen, Peanut, Taro, Tapioca

Unsafe Foods:

Barley	Emmer	Rice malt
Barley malt	Farina	Rye
Bran	Graham	Seitan
Bleached flour	Hordeum vulgare	Spelt
Bulgar	Hydrolyzed wheat	Seminola
CROUTONS	Kamut	Tabbouleh
Couscous	Macha	Triticale
Dextrin	Malt	Udon
Durum	Matzo	Wheat
Einkorn	Mir	

Questionable Foods:

- Blended spices - may contain wheat
- Chocolates or candies - may contain fillers, wheat, or barley malt
- Fillers - could be wheat starch
- Imitation bacon or seafood - may contain wheat
- Marinades and dressings - may contain malt or fillers
- Oats - may be cross-contaminated
- Soy sauce - may contain wheat
- Stocks or boullions - may contain wheat
- Yogurt - flavored, may contain gluten



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Washington, DC 20010
ChildrensNational.org



Department of Food and Nutrition

Avoiding Gluten

Contact Us

If you need assistance, please ask to speak with a Chef or Retail Manager in the Cafe at Children's National.

To talk to a Registered Dietitian about eating gluten-free for Celiac Disease, contact:
Amy Kapich, RD at 202-476-7813.

Department of Food and Nutrition
Children's National Health System
Morrison Healthcare Food Service
Patient Food Service Coordinator, 202-476-8339



Available Foods at Children's National

Breakfast

- Hard boiled or scrambled eggs
- Gluten-free biscuit
- Bacon
- Rice Chex™
- Stonyfield Organic™ yogurt and milk
- Individual packets of grits
- Fresh fruit
- Fresh juice

Dressings and Condiments

- Creamy French, Ranch, Fat-Free Ranch, Golden Italian, Fat-Free Italian, Creamy Caesar (Kraft®)
- Individually-packaged peanut butter and jelly
- Butter and margarine packs
- Ketchup, mustard, mayonnaise, and relish
- Honey and maple syrup
- Splenda®, Equal®, Sweet 'n Low®, and sugar

Main Dishes

We provide locally prepared One Dish Cuisine meals. They are located in the "Avoiding Gluten?" area of the cafe.

If you would like a meal prepared in a gluten-free environment, please contact a Retail Manager in the Cafe. They will assist in providing you with a freshly prepared meal. Examples include:

- Baked chicken or fish
- Plain-prepared vegetables
- Rice, beans, or potatoes
- Vegetable salad
- Fruit or salad

Salads

- Packaged salads without croutons
- Packaged or fresh fruit
- Cheese and tomato cups with no crackers
- Hummus with no pretzels or crackers
- Celery, carrots, and ranch dressing cups

Beverages

- Tap, fountain, or bottled water
- Fountain or bottled soft drinks
- Crystal Light®
- Orange, cranberry, apple, and grape juice
- V8 Juice® or V8 Splash®
- Lipton® tea
- Coffee
- Tea
- Milk

Snacks

- Lay's® potato chips
- NuGo Free® bars
- Peanuts
- KIND® Bars
- Gummy Bears

Frozen Treats

- Soft-serve frozen yogurt machine
- Frozen, plain popsicles

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