

## Guide to Gluten-Free Alcohol



Celiac patients have many alcoholic beverages to choose from on the gluten-free diet, although it can be tough at first figuring which drinks you can have and which to avoid.

Don't assume that a product is gluten-free just because it's supposed to be. Read up on products, contact manufacturers, and see how you react to what you drink.

### Gluten-Free Distilled Alcoholic Beverages

Many experts agree that celiacs can drink distilled alcoholic beverages, even those made from gluten grains, because distillation is supposed to remove all of the gluten molecules. However, there is evidence that this isn't always the case. Exercise caution with the following drinks:

- ✓ Gin
- ✓ Bourbon
- ✓ Whiskey

Distilled beverages with flavoring or sugar added—liqueurs such as American schnapps—may not be gluten-free, so check out these products before you drink them.

### Gluten-Free Alcoholic Beverages

These drinks are usually gluten-free:

- ✓ Rum
- ✓ Sake
- ✓ Some vodkas
- ✓ Tequila
- ✓ Wine
- ✓ Beers made from non-gluten grains such as Redbridge and Bard's Tale

**Tina Turbin, Founder of <http://GlutenFreeHelp.info>  
Your Dependable Celiac and Gluten-Free Resource Guide**

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