



## These items contain GLUTEN

- Abyssinian Hard (Wheat Triticum durum)
- Atta flour
- Barley
- Barley malt, barley extract
- Beer: ale, porter, stout, others
- Bleached flour
- Bran
- Bread flour
- Brewer's yeast
- Brown flour
- Bulgur (bulgur wheat and nuts)
- Cracker meal
- Croutons
- Common Wheat (Triticum aestivum)
- Couscous
- Dextrin, wheat-based
- Dinkle (Spelt)
- Durum (Triticum durum)
- Einkorn, wild einkorn
- Emmer, wild emmer
- Enriched flour, enriched bleached flour
- Farina
- Farro
- Fu (dried wheat gluten)
- Flour (Including but not limited to: all-purpose, barley, bleached, bread, brown, durum, enriched, gluten, graham, granary, high protein, oat, wheat, white)
- Germ
- Gliadin, Gluten, Glutenin
- Graham Flour
- Hordeum
- Hydrolyzed oat starch, hydrolyzed wheat gluten, hydrolyzed wheat protein, hydrolyzed wheat starch
- Kamut
- Macha wheat (Triticum aestivum)
- Malt, malt beverages, malt extract, malted milk, malt flavoring, malt syrup, malt vinegar
- Matzo (Matzah)
- MIR (wheat, rye)
- Oriental wheat
- Orzo
- Pearl barley
- Rye
- Seitan
- Semolina
- Soba Noodles
- Spelt
- Sprouted wheat or barley
- Tabbouleh
- Triticale (a wheat-rye blend)
- Udon
- Vital gluten
- Wheat, wheat berry, wheat bran, wheat germ, wheat germ oil, wheat grass, wheat gluten, wheat starch, whole wheat berries



## May Contain Gluten

- Anti-Caking Ingredients
- Autolyzed Yeast Extract (if made from Brewer's yeast)
- Avena (wild oat)
- Beans (canned in sauce may have wheat)
- Binders
- Bouillon, cubes or powder
- Broth
- Caramel candy
- Cereal (cereal extract/binding)
- Cold cuts and processed meats
- Cereal
- Communion Wafers
- Creamed vegetables
- Curry powder
- Demiglace
- Dressings
- Edible starch
- Emulsifiers
- Excipients
- Fillers
- Flavor, Flavoring
- Food Starch
- Gravy
- Gum Hydrolyzed plant protein (HPP) (if made with wheat)
- Imitation bacon, crab, seafood
- Ketchup
- Licorice (usually made with wheat)
- Miso (often made with grains including wheat or barley)
- Modified Food Starch
- Mustard (wheat flour may be a hidden ingredient)
- Mustard Powder
- Natural flavor
- Non-Dairy Creamers
- Nuts, dry roasted
- Oats, oatmeal, oat bran, oat fiber, oat gum, oat syrup\*
- Peanuts
- Rice Syrup (may use barley enzymes)
- Salt Mixes
- Seasoning
- Shoyu (soy sauce)
- Smoke Flavoring
- Sour cream
- Soup Base
- Soy Sauce
- Spices
- Stabilizers
- Starch
- Stock, pre-made Stock cubes or powder
- Syrups
- Textured Vegetable Protein (TVP)
- Vegetable Gum
- Yogurts

\* Regular, commercially available oats are frequently contaminated with wheat or barley. However, "pure, uncontaminated" oats have become available from several companies in the U.S. and Canada. These companies process oats in dedicated facilities and are tested for purity. Pure, uncontaminated oats can be consumed safely in quantities of less than 1 cup per day. It is important that you talk to your physician and your registered dietitian prior to starting oats.



## These items are **GLUTEN-FREE**

- Almond
- Amaranth
- Arrowroot
- Artificial Color
- Artificial flavor
- Baker's Yeast
- Besan
- Brewer's rice
- Brown rice flour
- Buckwheat (pure buckwheat is ok but flour blends may contain wheat)
- Caramel color
- Cassava
- Channa
- Cheese/Blue Cheese, Bleu Cheese
- Chickpea
- Coconut flour
- Color, Coloring
- Corn
- Corn flour
- Corn gluten
- Corn malt
- Cornmeal
- Cornstarch
- Dal (dhal)
- Distilled vinegar
- Fava bean
- Flaxseed
- Garbanzo
- Glucose syrup
- Glutinous rice
- Hominy
- Job's tears
- Kasha (pure Kasha is ok but cereal blends may contain wheat)
- Legumes
- Lentils
- Maize, masa
- Maltodextrin
- Millet
- Modified corn starch
- Modified tapioca starch
- Popcorn, plain
- Potato
- Potato flour
- Potato starch
- Quinoa
- Rice –arborio, aromatic, basmati, brown, converted, enriched, instant, jasmine, long-grain, red, risotto, texmati, wild
- Rice bran
- Rice flour
- Sesame
- Sorghum
- Soy, soybean
- Sunflower seed
- Sweet potato
- Tapioca
- Taro flour
- Tef, injera
- Vitamin E
- Xanthan gum