

Gluten-Containing Ingredients to Avoid

- Wheat: wheat bran, wheat flour, wheat germ, wheat starch, durum, kamut, semolina, spelt, farina, bulgur, cake flour, matzo, couscous, graham flour, self-rising flour, triticale
- Rye: rye bread, rye flour
- Barley: ale, beer, lager, brewer's yeast, malt, malt extract, malt vinegar, malted milk
- Oats: oat flour, oatmeal, oat bran

Clinical studies: 1 cup cooked pure oats is generally well tolerated

Foods/Ingredients to Question

- Soy sauce (usually contains wheat)
- Sauces, Marinades, Salad Dressings
- Stuffing
- Soup Base
- Modified food starch (usually gluten-free in North-America; wheat starch is used more frequently in Europe)
- Starch in medications
- Dextrin & Maltodextrin (usually gluten-free in North American countries)
- Flavorings
- Seasonings
- Brown rice syrup (may contain barley)
- Enzymes (sometimes made from barley)
- Hydrolyzed plant or vegetable protein (can be made from corn, soy, or wheat)
- Mono & Diglycerides when in dry goods
- Processed Meats (hamburger patties, deli meats, hotdogs)
- Imitation seafood
- Imitation bacon
- Flavored Coffee & Teas
- Candies

Gluten-Free Additives

- Artificial Sweeteners, Sugar Alcohols
- BH/BHT
- Brewers and Baking Yeast
- Fumarate, Lactic & Malic Acids
- Lecithin
- Monosodium Glutamate (MSG)
- Pectin
- Psyllium
- Sodium Nitrate/Nitrate
- Sugars
- Vanilla

Gluten-Free Additives (cont)

- Vegetable Gums

Healthy Gluten-Free Snacks

- Fruit & Vegetables with dip
- Dried fruit and nuts, seeds
- String or cubed cheese
- Cottage cheese
- Hummus
- Peanut butter
- Rice or nut crackers
- Yogurt (regular or frozen)
- Deli meats
- Popcorn

Gluten-Free Indulgences

- Corn chips or potato chips (plain)
- Ice Cream
- Pudding
- Gelatin
- Popsicles
- Chocolates, most candies
- Gum
- Soda

Grains & Starches Instead of Wheat

- Amaranth
- Arrowroot
- Buckwheat
- Beans
- Corn
- Flax
- Legumes
- Mesquite
- Millet
- Montina
- Potatoes
- Quinoa
- Rice
- Sorghum
- Soy
- Sago
- Tapioca
- Teff