

INGREDIENTS THAT CONTAIN GLUTEN

GLUTEN GRAINS

Barley
Einkorn
Emmer
Farro
Kamut
Rye
Spelt
Triticale
Wheat

GLUTEN FLOURS

Atta flour
Barley flour
Bleached flour
Bread flour
Enriched flours
Farina
Graham flour
Maida
Malted barley flour
Rye flour
Unbleached flours
Wheat flours

GLUTEN GRAIN PRODUCTS

Alcohols
(ie. beer, bourbon, whiskey)
Barley malt
Bran
Bulgur
Couscous
Germ
Gluten *(wheat or vital wheat)*
Matza/matzah/matzo
Orzo
Pasta
Pearl barley
Seitan
Semolina
Starch
Sushi rice
Tabouli

INGREDIENTS LIKELY TO CONTAIN GLUTEN

Asian sauces like Hoisin and Plum sauce
Artificial color
Baking powder
Boullion cubes
BBQ sauce
Cereal
Clarifying agents
Coloring
Distilled vinegars
Dry roasted nuts
(may have coatings or produced on machinery with gluten items)

Emulsifiers
Fat replacer
Flavored Potato Chips
Ground spices and seasonings
(may use wheat flour as an anti-caking agent)
Imitation seafood like crabmeat in California rolls
Licorice
Miso
(some contain barley malt enzymes)
Modified Food Starch
Natural juices/juice drinks
(may contain barley ingredients)
Non-dairy creamer
Oats
(unless marked as processed in a gluten free facility)
Pregelatinized starch
Protein hydrolysates
Soba noodles
Soy sauce
Stabilizers
Soup stock cubes
Suet
Tocopherols
(if derived from wheat germ oil)
Vegetable broth
Vegetable gum
Vegetable protein
Vegetable starch
Vitamins
(especially chewable wafers)
Yeast extract
(autolyzed yeast extract)

