

Hidden Sources of Gluten Guide

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FOOD INGREDIENTS

■ Abyssinian Hard Wheat (triticum durum) - Contains gluten

■ Ale - Contains gluten

■ Atta Flour - Contains gluten

■ Barley - Contains gluten

■ Barley Enzymes - Contains gluten

■ Barley Flakes - Contains gluten

■ Barley Hordeum Vulgare - Contains gluten

■ Barley Malt - Contains gluten

■ Barley Malt Extract - Contains gluten

■ Barley Malt Flavoring - Contains gluten

■ Barley Pearl - Contains gluten

■ Beer - Contains gluten

■ Bleached Flour - Contains gluten

■ Bran - Contains gluten

■ Bread Crumbs - Contains gluten

■ Bread Flour - Contains gluten

■ Breeding - Contains gluten

■ Brewer's Yeast - Contains gluten

■ Brown Flour - Contains gluten

■ Bulgur - Contains gluten

FOOD INGREDIENTS

(continued)



Bulgur Wheat - Contains gluten

Cereal Binding - Contains gluten

Cereal Extract - Contains gluten

Club Wheat (*triticum aestivum compactum*) - Contains gluten

Common Wheat (*triticum aestivum*) - Contains gluten

Couscous - Contains gluten

Croutons - Contains gluten

Dinkel Wheat - Contains gluten

Durum Wheat (*triticum durum*) - Contains gluten

Einkorn (*triticum monococcum*) - Contains gluten

Emmer (*triticum dicoccon*) - Contains gluten

Enriched Flour - Contains gluten

Farina - Contains gluten

Farina Graham - Contains gluten

Farro - Contains gluten

Fu (dried wheat gluten) - Contains gluten



FOOD INGREDIENTS

(continued)



Germ - Contains gluten



Hydrolyzed Wheat Protein -
Contains gluten



Gluten - Contains gluten



Hydrolyzed Wheat Starch -
Contains gluten



Glutenin - Contains gluten



Kamut - Contains gluten



Graham Flour - Contains gluten



Lager - Contains gluten



Granary Flour - Contains gluten



Macaroni Wheat (triticum
durum) - Contains gluten



Hard Wheat - Contains gluten



Macha Wheat (triticum aestivum
macha) - Contains gluten



Hordeum Vulgare Extract
- Contains gluten



Maida (Indian wheat flour) -
Contains gluten



Hydrolyzed Wheat Gluten
- Contains gluten



Malt - Contains gluten

FOOD INGREDIENTS

(continued)



Malt Extract - Contains gluten

Oriental Wheat (*triticum turanicum*) - Contains gluten

Malt Flavoring - Contains gluten

Orzo - Contains gluten

Malt Syrup - Contains gluten

Pearl Barley - Contains gluten

Malted Barley Flour - Contains gluten

Persian Wheat (*triticum carthlicum*) - Contains gluten

Malted Milk - Contains gluten

Polish Wheat (*triticum polonicum*) - Contains gluten

Meripro 711 -Contains gluten

Poulard Wheat (*triticum turgidum*) - Contains gluten

Mir - Contains gluten

Roux - Contains gluten

Nishasta - Contains gluten

Rusk - Contains gluten



FOOD INGREDIENTS

(continued)



Rye - Contains gluten



Soft Wheat Flour - Contains gluten



Rye Flour - Contains gluten



Spelt (triticum spelta) - Contains gluten



Secale Cereal - Contains gluten



Sprouted Wheat - Contains gluten



Seitan - Contains gluten



Steel Ground Flour - Contains gluten



Self-Raising Flour - Contains gluten



Stone Ground Flour - Contains gluten



Semolina - Contains gluten



Stout - Contains gluten



Semolina Triticum - Contains gluten



Strong Flour - Contains gluten



Shot Wheat (triticum aestivum sphaerococcum) - Contains gluten



Tabbouleh/Tabouli - Contains gluten

FOOD INGREDIENTS

(continued)



Teriyaki Sauce - Contains gluten

Wheat Pasta - Contains gluten

Timopheevi Wheat (*triticum timopheevii*) - Contains gluten

Wheat Protein - Contains gluten

Vital Gluten - Contains gluten

Wheat Sprouts - Contains gluten

Wheat - Contains gluten

Whole Wheat Berries - Contains gluten

Wheat Germ Extract - Contains gluten

Wholemeal Flour - Contains gluten

Wheat Germ Glycerides - Contains gluten

Wild Einkorn (*triticum boeoticum*) - Contains gluten

Wheat Germ Oil (*triticum vulgare*) - Contains gluten

Wild Emmer (*triticum dicoccoides*) - Contains gluten

Wheat Nuts - Contains gluten



FOOD INGREDIENTS:

May Contain Gluten Depending on Processing

- Baking powder - May contain wheat starch
- Barley Grass - May have been contaminated during processing
- Bicarbonate of Soda - May contain wheat starch
- Blue Cheese - May have been cultured with mold grown on bread, especially if artisanal cheese
- Bouillon - May contain gluten
- Broth - May contain gluten
- Brown Rice Syrup - May contain barley
- Caramel Flavoring - May contain gluten depending on manufacturing, usually gluten-free in North America
- Carob - May contain barley
- Cellulose - May be derived from gluten containing-grain
- Cereal - May consist of gluten-containing grain
- Cider - May utilize barley in production
- Clarifying Agents - May contain a gluten-containing grain or by-product
- Crisped Rice - May contain barley
- Curry Powder - May contain wheat starch
- Edible Food Coatings and Films - May contain wheat starch
- Edible Paper - May contain wheat starch
- Emulsifier - May be derived from gluten-containing grain
- Fat Replacer - May be derived from wheat
- Filler - May be derived from gluten-containing grain

FOOD INGREDIENTS:

May Contain Gluten Depending on Processing (continued)



■ Flavored Liquors - May contain gluten

■ Flavoring - May be derived from gluten-containing grain

■ Flour - This will normally be wheat unless otherwise specified

■ Groats - May be from wheat, barley or oats (or other source such as buckwheat or corn)

■ Heeng/Hing - Usually sold mixed with wheat flour

■ Herbal Tea - May contain gluten in flavoring, such as barley

■ Hydrogenated Starch Hydrolysate - May be derived from wheat

■ Hydrolyzed Plant Protein (HPP) - May be derived from wheat

■ Hydrolyzed Vegetable Protein (HVP) - May be derived from wheat

■ Hydroxypropylated Starch - May be derived from wheat

■ Kecap/Ketjap Manis (Soy Sauce) - May contain wheat

■ Miso - May be made from barley

■ Mixed Tocopherols - Commonly derived from wheatgerm (or soy)
Mono and Diglycerides Wheat may be used as a carrier during processing

■ Mustard Powder - May contain wheat starch

■ Natural Flavoring - May be derived from gluten-containing grain

■ Perungayam - Usually sold mixed with wheat flour

■ Pregelatinized Starch - May be derived from a gluten-containing grain

■ Protein Hydrolysates - May be derived from a gluten-containing grain

■ Rice Malt - May contain barley

■ Rice Syrup - May contain barley



FOOD INGREDIENTS:

May Contain Gluten

Depending on Processing
(continued)

■ Seasoning - May contain wheat starch

■ Smoke Flavoring - May contain barley

■ Soy Sauce Solids - May contain wheat

■ Soy Sauce/Shoyu - May contain wheat

■ Spice and Herb Blends - May contain wheat starch

■ Stabilizers/Stabilizing Agents - May be derived from gluten-containing grain

■ Suet - Suet from a packet contains wheat flour

■ Tamari - May contain wheat

■ Textured Vegetable Protein - May be derived from a gluten-containing grain

■ Tocopherols - Commonly derived from wheatgerm (or soy)

■ Vegetable Gum - May be derived from a gluten-containing grain

■ Vegetable Protein - May be derived from a gluten-containing grain

■ Vegetable Starch - May be derived from a gluten-containing grain

■ Wheat Grass (can contain seeds) - May have been contaminated during processing

■ Yeast Extract - May be cultivated using gluten-containing grain

FOOD INGREDIENTS

Classed As Gluten-Free
(Often Due to Level of
Processing) But Which May
Be Derived From

■ Avena Sativa - Additionally may have been contaminated by other grains

■ Caramel Color - May be derived from highly-processed wheat or barley, usually gluten-free in North America

■ Citric Acid - May be derived from wheat (or corn/beet sugar/molasses)

■ Codex Wheat Starch - A highly processed wheat starch with gluten removed

■ Dextrimaltose - A highly processed starch which can be derived from barley

■ Dextrin - A highly processed starch which can be derived from wheat (or other starch)

■ Dextrose - A highly processed starch which can be derived from wheat or barley (or other starch). Gluten source does not need to be labelled in Europe

■ Gin - Derived from a combination of distilled grains

■ Glucose Syrup - A highly-processed sweetener which can be derived from wheat (or other starch). Is usually derived from corn in North America. Gluten source does not need to be labelled in Europe

■ Grain Alcohol - May be derived from distilled gluten grain

■ Grain-Based Vodka - May be derived from distilled rye or wheat (or other source such as potato)

■ Malt Vinegar - Derived from barley, contains only traces of gluten due to fermentation process



FOOD INGREDIENTS

Classed As Gluten-Free (Often Due to Level of Processing) But Which May Be Derived From (continued)



■ Maltodextrin - May be derived from highly processed wheat, would be clearly labelled in North America but gluten source does not need to be labelled in Europe

■ Maltose - May be derived from highly processed barley or wheat, is usually derived from corn in North America

■ Modified (Food) Starch - May be derived from highly processed wheat, would be clearly labelled in North America but gluten source does not need to be labelled in Europe

■ Monosodium Glutamate (MSG) - May be derived from wheat

■ Oat Bran - Additionally may have been contaminated by other grains

■ Oatmeal - Additionally may have been contaminated by other grains

■ Oats - Additionally may have been contaminated by other grains

■ Sake - May contain barley enzymes

■ Scotch - May be derived from distilled wheat, rye, barley (or corn)

■ Starch - May be made from a highly processed gluten-containing grain, would be clearly labelled in North America

■ Vanilla Extract - May contain grain alcohol

■ Vanilla Flavoring - May contain grain alcohol

■ Whisky - May be derived from distilled wheat, rye, barley (or corn)

■ Xanthan Gum - May be derived from wheat

SUPPLEMENT INGREDIENTS



- Barley - Contains gluten
- Barley Beta Glucans - Contains gluten
- Barley Bran - Contains gluten
- Barley Leaf - Contains gluten
- Barley Powder - Contains gluten
- Brewer's Yeast - Contains gluten
- Hordeum Distichon - Contains gluten
- Hordeum Vulgare - Contains gluten
- Secale Cereale - Contains gluten
- Triticum Aestivum - Contains gluten
- Wheat Bran - Contains gluten
- Wheat Germ Extract - Contains gluten
- Wheat Germ Oil - Contains gluten
- Wheat Protein - Contains gluten
- Wheat Starch - Contains gluten

SUPPLEMENT INGREDIENTS

May Contain Gluten Depending on Processing

- Alcohol* - May be derived from gluten-containing grain
- Alpha Tocopherol - May be derived from wheat germ
- Alpha Tocotrienols - May be derived from wheat germ
- Avena* - Contains no gluten but may have been contaminated during processing



SUPPLEMENT INGREDIENTS

May Contain Gluten Depending on Processing (continued)

■ Avena Sativa* - Contains no gluten but may have been contaminated during processing

■ Barley Grass - Contains no gluten but may have been contaminated during processing

■ Beta Glucans - May be derived from oats or barley

■ Beta Glycans - May be derived from oats or barley

■ Beta Tocopherol - May be derived from wheat germ

■ Beta Tocotrienol - May be derived from wheat germ

■ Caramel Color - May be derived from highly-processed wheat or barley, usually gluten-free in North America

■ Cereal Fiber - May be derived from gluten-containing grain

■ Cernilton (Rye Grass) - Contains no gluten but may have been contaminated during processing

■ Cross Linked Starch - May be derived from gluten-containing grain

■ D-Alpha-Tocopherol - May be derived from wheat germ

■ D-Beta-Tocopherol - May be derived from wheat germ

■ Delta Tocotrienol - May be derived from wheat germ

■ Dextrate - May be derived from gluten-containing grain

■ Dextrimaltose* - May be derived from barley

■ Dextrin* - May be derived from gluten-containing grain

■ D-Gamma-Tocopherol - May be derived from wheat germ

■ Dietary Fiber - May be derived from gluten-containing grain

SUPPLEMENT INGREDIENTS

May Contain Gluten Depending on Processing (continued)



■ Gamma Tocopherol - May be derived from wheat germ

■ Gamma Tocotrienols - May be derived from wheat germ

■ Maltodextrin* - May be derived from wheat

■ Maltose* - May be derived from highly processed barley or wheat, is usually derived from corn in North America

■ Mixed Tocopherols - May be derived from wheat germ

■ Mixed Tocotrienols - May be derived from wheat germ

■ Modified Starch - (Unspecified Source) May be derived from gluten-containing grain

■ Oat (Avena Sativa) Extract* - Contains no gluten but may have been contaminated during processing

■ Oat Beta Glucan* - Contains no gluten but may have been contaminated during processing

■ Oat Bran* - Contains no gluten but may have been contaminated during processing

■ Oat Fiber* - Contains no gluten but may have been contaminated during processing

■ Oat Grass* - Contains no gluten but may have been contaminated during processing

■ Pregelatinized Modified Starch - May be derived from gluten-containing grain

■ Rye Grass - Contains no gluten but may have been contaminated during processing

■ Rye Grass Pollen Extract - Contains no gluten but may have been contaminated during processing

■ Sodium Starch Glycolate - May be derived from gluten-containing grain

■ Starch - May be derived from gluten-containing grain

SUPPLEMENT INGREDIENTS

May Contain Gluten Depending on Processing (continued)



■ Tocopherol - May be derived from wheat germ

■ Tocopherol Acetate - May be derived from wheat germ

■ Tocopheryl Succinate - May be derived from wheat germ

■ Vitamin E - May be derived from wheat germ

■ Wheatgrass - Contains no gluten but may have been contaminated during processing

■ Wild Oats* - Contains no gluten but may have been contaminated during processing

■ Xanthan Gum - May be derived from wheat

■ Yeast* - May be cultivated using gluten-containing grain

■ Citric Acid* - May be derived from wheat

MEDICATION INGREDIENTS



- Wheat Starch - Contains gluten

MEDICATION INGREDIENTS

May Contain Gluten Depending on Manufacturing, or Be Derived From Highly Processed Gluten-Containing Grains

Alcohol* - May be derived from gluten grain, classed as gluten-free

Caramel Color - May be derived from highly-processed wheat or barley, usually gluten-free in North America

Dextrate - May be derived from gluten grain

Dextrimaltose* - May be derived from barley

Dextrin* - May be derived from wheat

Maltodextrin* - May be derived from wheat

Modified Starch - May be derived from gluten grain

Pregelatinized Modified Starch - May be derived from gluten grain

Pregelatinized Starch - May be derived from gluten grain

Sodium Starch Glycolate - May be derived from gluten grain

Starch - May be derived from gluten grain

*Additionally, These Ingredients are Classed as Gluten-Free Due to Processing But May Cause Problems for Sensitive Individuals