Gluten Food List

Sourced from: *The Gluten Free Society*. It is a very thorough list including hidden types of glutens.

Foods That Contain Gluten & Should be Avoided…

- Wheat
- Barley (malt)
- Rye
- Oats (we keep this on the avoid list, while others may not)
- Triticale
- Spelt
- Durum (semolina)
- Einkorn
- Emmer (farro or hulled wheat)
- Graham

High Risk Foods Often Used as Substitutes for a Gluten-Free Diet…

- Corn (can be hidden many foods and the possibility contamination)
- Rice (does not include wild rice varieties but does include brown rice)
- Sorghum
- Millet
- Teff
- Amaranth
- Buckwheat
- Quinoa

Misc. Food Additives or Processed Foods That MAY Contain Gluten…

- MSG
- Modified food starch
- Textured vegetable protein
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Hydrogenated Starch Hydrolysate
- Hydroxypropylated starch
- Pregelatinized starch
- Vegetable gum
- Vegetable protein
- Extenders and binders
- Maltodextrin (wheat or corn based)
- Dextrin
- Maltose
- Non Dairy Creamer
- Seasonings (check labels)
- Natural & Artificial & Smoke flavors
- Natural & Artificial colors
- Caramel color and flavoring
- Soy Sauce
- Miso

- Bouillon cubes or stock cubes
- Candy may be dusted with wheat flour (research on a case-by-case basis)
- Canned soups (very questionable)
- Cheese spreads & other processed cheese foods (key word is *processed*)
- Chocolate (check for malt flavoring)
- Cold cuts, Wieners, Sausages (most often contains gluten from cereal fillers)
- Dip mixes
- Dry sauce mixes
- Honey Hams (check for wheat starch in coating)
- Ice Cream & Frozen Yogurt (check all dairy or we recommend avoiding dairy altogether for many reasons)
- Instant Teas & Coffees (check for cereal products in the formulation)
- Mayonnaise (check for grain-based thickener and vinegar ingredients)
- Mustard (may contain gluten)
- Oil, frying (check for cross contamination or corn based oils)
- Poultry and meats (check flavorings, basting and inquire about meat glue)
- Sour cream (check for modified food starch)
- Dry roasted nuts & honey roasted nuts
- French fries in restaurants (important as the same oil may be used for wheat-containing items)
- Gravies (check for thickening agent and liquid base)
- Vitamin supplements (important as they may contain grains and corn ingredients)
- Baking powder (commonly contains wheat or corn)

Grasses…
Wheat, barley, rye, and oat grass (not the seed) technically do not contain gluten as they are the grass part of the plant. However, it is recommended that these be avoided to prevent the possibility of cross contamination.

Alcoholic Beverages…
- Beer
- Malted beverages
- Grain based spirits (all regardless of claims)

Non Edible Items (read the labels carefully)…
- Stamps & envelopes
- Toothpaste
- Lipstick
- Hairspray & Shampoo
- Detergents
- Pet Food
- Medications & Vitamins
- Lotions
- Playdough
- Makeup

Other References:

List of hidden corn ingredients: https://www.glutenfreesociety.org/hidden-corn-based-ingredients/
Other gluten information: https://www.glutenfreesociety.org