

Gluten-free Foods, Ingredients and Additives (GF = gluten free)

Gluten-Free Grains, Flours & Starches – BUY THOSE LABELED “GLUTEN-FREE”

Amaranth	Corn	Rice*	Tapioca
Arrowroot	Millet	Sago	Teff
Buckwheat	Quinoa	Sorghum	Wild Rice

Other Gluten-Free Starches, Seeds, Nuts, & Legumes and Flours Made from Them Buy those labeled “gluten-free”

Bean (navy, pinto, garfava, black)	Potato and Sweet Potato
Legume (chickpea, garbanzo, lentil, pea)	Seed (flax, sesame, pumpkin, chia, etc)
Nut (almond, hazelnut, pecan)	Soy

Gluten-Free Ingredients (not necessarily healthy)

Acacia Gum	Fumaric Acid	Propylgallate
Acetic Acid	Fructose	Pyridoxine Hydrochloride
Adipic Acid	Gelatin	Riboflavin
Agar (Agar-agar)	Glucose	Sodium Acid Pyrophosphate
Algin (Alginic acid)	Guar Gum	Sodium Ascorbate
Annatto	Gum Arabic	Sodium Benzoate
Ascorbic Acid	Invert Sugar	Sodium Caseinate
Benzoic acid	Karaya Gum	Sodium Citrate
Beta Carotene	Lactic Acid	Sodium Hexametaphosphate
BHA	Lactose	Sodium Metabisulphite
BHT	Lecithin	Sodium Nitrate
Biotin	Locust Bean Gum	Sodium Silico Aluminate
Brown Sugar	Maltitol	Sorbitol
Calcium Chloride	Magnesium Hydroxide	Spices (pure)
Calcium Disodium EDTA	Malic Acid	Stearic acid
Calcium Pantothenate	Mannitol	Sucralose
Calcium Phosphate	Methylcellulose	Sucrose
Carboxymethylcellulose	Microcystallin Cellulose	Sulfosuccinate
Carob Bean Gum	Molasses	Tragacanth Gum
Carrageenan	Monosodium Glutamate (MSG)	Tartaric Acid
Cellulose	Niacin, Niacinamide	Thiamine Hydrochloride
Cellulose Gum	Papain	Titanium Dioxide
Corn Sweetener	Pectin	Tri-Calcium Phosphate
Corn Syrup Solids	Polyglycerol	Vanilla extract, Vanillin
Cream of Tartar	Polysorbate	Whey
Demineralized Whey	Potassium Citrate	White sugar
Dextrose	Potassium Iodine	Xanthan Gum
Diethyl Sodium Sulfosuccinate	Propylene Glycol	Xylitol
Folacin, Folic Acid	Psyllium Monostearate	

*Plain rice does not need to be labeled gluten-free. Avoid rice mixes and pilafs unless labeled gluten-free.

Sources of Gluten and Hidden Gluten (GF = gluten free)

Sources of Gluten – AVOID the following foods.

Barley	Couscous	Farina	Kamut	Spelt
Bran	Durum	Farro	Orzo	Triticale
Brewer's yeast	Einkorn	Gluten, gluten flour	Rye	Wheat
Bulgur	Emmer	Graham flour	Semolina	

Possible Sources of Hidden Gluten

Contact the manufacturer to request information on specific ingredients you question.

Ingredient or product	Gluten-free, if...	Not gluten-free, if...
• Alcohol – See “GF Label Reading” handout		
• Dextrin	• Made from corn or tapioca	• Made from wheat. See GF Label Reading for exceptions
• Hydrolyzed vegetable or plant protein • Vegetable protein	• Hydrolyzed corn protein • Hydrolyzed soy protein	• Hydrolyzed wheat protein • Made from wheat
• Malt • Malt flavoring	• Made from corn	• Made from barley • Barley malt, barley malt flavoring, barley malt extract

If *malt flavoring* appears on the ingredient list, assume it is *barley* unless otherwise stated on the label.

• Modified starch • Modified food starch • Food starch	• Most are made from corn or potato	• See GF Label Reading handout
• Oats – See “GF Label Reading” handout”		
• Seasonings: unless wheat, barley, rye or malt is included in the sub-ingredient list for seasoning, it is probably free of gluten protein		
• Soy sauce	• No wheat listed • Choose labeled GF soy sauce	• Contains wheat • Brewed with wheat
• Vegetable gum • Yeast extract/autolyzed yeast extract	• Listed on reverse side	• Oat gum • Avoid if gluten-free source not listed
• Vitamin supplements • Mineral supplements	• Made from corn starch, potato starch , or tapioca starch • Choose labeled GF supplements	• Contains wheat starch, barley or derivatives of these grains
• Medications	• Call manufacturer to check on GF status of prescription and over the counter medications	

Frequently Overlooked Sources of Gluten (not comprehensive)

Batter, breading	Flour or cereal products (not labeled gluten-free)	Marinades	Salad dressing
Broth, bouillon		Matzo	Sauces
Candy	French fries	Panko	Soup bases
Coating mixes	Gravy	Pastas	Stuffing
Communion wafers	Imitation bacon	Play-Doh™	Thickeners (Roux)
Croutons	Imitation seafood	Processed luncheon meats	Toothpaste
Dressing	Lipstick, lip balm	Rice mixes	

Read the “Gluten-Free Label Reading: FDA and USDA, and Alcohol Labeling - FDA and TTB”(GF Label Reading) handout.