

Food Ingredients You Don't Need To Worry About on the Gluten-Free Diet

- **Blue Cheese**
 - Unless wheat, barley, rye or malt is included in the ingredients list.
- **Caramel (coloring agent)**
 - Even if wheat is listed as the source.
 - It may be made from a variety of sources including corn starch, malt syrup, and starch hydrolysates. However, even if it is made from wheat or barley it is highly unlikely that it would cause an otherwise gluten-free food to contain more than 20ppm.
 - Don't confuse the ingredient caramel (food coloring) with caramel candy. Candies that contain caramel should still be checked for gluten as caramel (coloring agent) is different than caramel candy.
- **Distilled Alcohol**
 - Always considered gluten-free regardless of the source it is made from.
- **Glucose Syrup**
 - A starch hydrolysate that is usually made from corn starch. Even if it is made from wheat starch or barley starch, it is considered a gluten-free food because it is highly unlikely that it would contain 20 ppm or more of gluten.
- **Maltodextrin**
 - Gluten-free even if wheat is listed as the source. Highly unlikely it would cause an otherwise gluten-free food to contain 20 ppm or more gluten.
- **Monosodium Glutamate (MSG)**
 - MSG is the salt of the amino acid glutamic acid. Various starches and sugars may be used as starting materials but wheat starch does not appear to be one of them.
- **The term "natural flavor"**
 - Unless wheat, barley, rye, or malt are included in the ingredients list, the natural flavor is most likely free of gluten.
- **Sorbitol and other sugar alcohols (xylitol, mannitol, maltitol, etc.)**
 - Sorbitol and sugar alcohols are rarely derived from glucose syrup. Since glucose syrup is considered gluten-free regardless of the starting material, sorbitol and other sugar alcohols are considered gluten-free, too.
- **The single word "spice or "spices"**
 - Naturally gluten-free
- **The single word "starch" in FDA-regulated foods**
 - This means "corn starch" which is naturally gluten-free.
- **The single word "vinegar"**
 - In an ingredients list "vinegar" means "vinegar made from apples." The following vinegars are also okay to eat: cider, apple, wine, grape, distilled, and balsamic.
 - Malt vinegar is NOT okay to eat because it contains barley.
- **Whey**
 - A protein found in milk. It is naturally gluten-free.
- **Rice Syrup**
 - It is a liquid sweetener made from rice. Enzymes are added to the rice to break down the starch into sugar which could be made from barley. It is not completely known whether the amount of barley protein would be problematic but it is highly unlikely.
- **Seasonings**
 - If you come across the words "seasoning" or "seasonings" in an ingredient list and a sub-ingredient list isn't provided you *may want to avoid* the product because it is likely misbranded. Seasoning is not an ingredient that may be listed collectively in an ingredients list. However, if you do not see the words wheat, barley, rye, or malt in the sub-ingredient list, the seasoning probably does not contain gluten.

