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

Gluten-Free	e Grains, Flours &	& Starches – BUY T	HOSE LABELED "GLUTEN-FREE"
Amaranth	Corn	Rice*	Tapioca
Arrowroot	Millet	Sago	Teff
Buckwheat	Quinoa	Sorghum	Wild Rice
	Free Starches, Se eled" gluten-free'		nes and Flours Made from Them
Buy those lab			nes and Flours Made from Them Potato and Sweet Potato

Nut (almond, hazelnut, pecan)

Seed (flax, sesame, pumpkin, cr Soy

## Gluten-Free Ingredients (not necessarily healthy) Acacia Gum Fumaric Acid

Acetic Acid Fructose Adipic Acid Gelatin Agar (Agar-agar) Glucose Algin (Alginic acid) Guar Gum Annatto Gum Arabic Ascorbic Acid Invert Sugar Karaya Gum Benzoic acid Beta Carotene Lactic Acid BHA Lactose BHT Lecithin **Biotin** Locust Bean Gum Brown Sugar Maltitol Calcium Chloride Magnesium Hydroxide Calcium Disodium EDTA Malic Acid Calcium Pantothenate Mannitol **Calcium Phosphate** Methylcellulose Carboxymethylcellulose Microcystallin Cellulose Carob Bean Gum Molasses Carrageenan Monosodium Glutamate (MSG) Cellulose Niacin, Niacinamide Cellulose Gum Papain Corn Sweetener Pectin **Corn Syrup Solids** Polyglycerol Polysorbate Cream of Tartar Demineralized Whey Potassium Citrate Dextrose Potassium Iodine **Dioctyl Sodium Sulfosuccinate** Propylene Glycol Folacin, Folic Acid **Psyllium Monostearate** 

Propylgallate Pyridoxine Hydrochloride Riboflavin Sodium Acid Pyrophosphate Sodium Ascorbate Sodium Benzoate Sodium Caseinate Sodium Citrate Sodium Hexametaphosphate Sodium Metabisulphite Sodium Nitrate Sodium Silaco Aluminate Sorbitol Spices (pure) Stearic acid Sucralose Sucrose Sulfosuccinate Tragacanth Gum Tartaric Acid Thiamine Hydrochloride Titanium Dioxide **Tri-Calcium Phosphate** Vanilla extract, Vanillan Whey White sugar Xanthan Gum **Xylitol** 

\*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 – A				~ .
		Farina	Kamut	Spelt
		Farro	Orzo	Triticale
~		Gluten, gluten flour	Rye	Wheat
Bulgur Er	nmer	Graham flour	Semolina	
Possible Sources of H	lidden Gluten			
Contact the manufacturer	to request information	on on specific ingredi	ents you question.	
Ingredient or product	Gluten-free, if	2 • • • •	Not gluten-free	, if
• Alcohol – See "GF La	bel Reading"handou	ıt		
• Dextrin	• Made from <b>corn or tapioca</b>		• Made from wheat. See GF	
				g for exceptions
Hydrolyzed vegetable	or • Hydrolyzed c	orn protein	• Hydrolyzed wl	
plant protein	Hydrolyzed e     Hydrolyzed s	-	Made from wh	-
• Vegetable protein	- Hydrofyzed S	by protein		icat
Malt	• Made from <b>c</b>	0 <b>80</b>	• Moda from ba	rlov
	• Made from C	orn	• Made from <b>barley</b>	
• Malt flavoring			• Barley malt, h	
T£	on the in one direct 1' t			ley malt extract
If <i>malt flavoring</i> appears	_	-		
· Modified stand	• Mastana maad	le from <b>corn</b> or	See GF Label	Reading
<ul> <li>Modified starch</li> </ul>	• Most are mad			0
<ul><li>Modified starch</li><li>Modified food starch</li></ul>	• Most are mad potato		handout	8
				8
<ul><li>Modified food starch</li><li>Food starch</li></ul>	potato			
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> </ul>	potato Reading" handout"		handout	
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v</li> </ul>	potato <u>Reading "handout"</u> wheat, barley, rye or 1		handout	
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v it is probably free of glu</li> </ul>	potato <u>Reading "handout"</u> wheat, barley, rye or 1	malt is included in the	handout	t for seasoning,
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v</li> </ul>	potato <u>Reading "handout"</u> wheat, barley, rye or n ten protein • No wheat list	malt is included in the	handout e sub-ingredient lis • Contains whea	t for seasoning,
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v it is probably free of glu</li> <li>Soy sauce</li> </ul>	potato <u>Reading "handout"</u> wheat, barley, rye or n ten protein • No wheat list • Choose labele	malt is included in the ted ed GF soy sauce	handout sub-ingredient lis • Contains whea • Brewed with w	t for seasoning,
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v it is probably free of glu</li> <li>Soy sauce</li> <li>Vegetable gum</li> </ul>	potato Reading" handout" wheat, barley, rye or n ten protein • No wheat list • Choose labeled • Listed on rev	malt is included in the ted ed GF soy sauce	handout sub-ingredient lis • Contains whea • Brewed with w • Oat gum	et for seasoning, at vheat
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v it is probably free of glu</li> <li>Soy sauce</li> <li>Vegetable gum</li> <li>Yeast extract/autolyze</li> </ul>	potato Reading" handout" wheat, barley, rye or n ten protein • No wheat list • Choose labeled • Listed on rev	malt is included in the ted ed GF soy sauce	handout <ul> <li>sub-ingredient lis</li> <li>Contains whea</li> <li>Brewed with w</li> <li>Oat gum</li> <li>Avoid if gluter</li> </ul>	t for seasoning,
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v it is probably free of glu</li> <li>Soy sauce</li> <li>Vegetable gum</li> <li>Yeast extract/autolyze yeast extract</li> </ul>	potato <u>Reading "handout"</u> wheat, barley, rye or n ten protein • No wheat list • Choose labele • Listed on rev d	malt is included in the ted ed GF soy sauce verse side	handout  sub-ingredient lis  Contains whea Brewed with w  Oat gum Avoid if gluter listed	at for seasoning, at wheat n-free source not
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v it is probably free of glu</li> <li>Soy sauce</li> <li>Vegetable gum</li> <li>Yeast extract/autolyze yeast extract</li> <li>Vitamin supplements</li> </ul>	potato <u>Reading " handout "</u> wheat, barley, rye or n ten protein • No wheat list • Choose labele • Listed on rew d • Made from c	malt is included in the ted ed GF soy sauce verse side corn starch, potato	<ul> <li>handout</li> <li>sub-ingredient lis</li> <li>Contains whea</li> <li>Brewed with w</li> <li>Oat gum</li> <li>Avoid if gluter listed</li> <li>Contains whea</li> </ul>	t for seasoning, <b>at</b> <b>wheat</b> a-free source not <b>at starch, barley</b>
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v it is probably free of glu</li> <li>Soy sauce</li> <li>Vegetable gum</li> <li>Yeast extract/autolyze yeast extract</li> </ul>	potato <u>Reading " handout "</u> wheat, barley, rye or n ten protein • No wheat list • Choose labele • Listed on rev d • Made from c starch, or ta	malt is included in the ted ed GF soy sauce verse side corn starch, potato pioca starch	<ul> <li>handout</li> <li>sub-ingredient lis</li> <li>Contains whea</li> <li>Brewed with w</li> <li>Oat gum</li> <li>Avoid if gluter listed</li> <li>Contains whea</li> </ul>	at for seasoning, at wheat n-free source not
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v it is probably free of glu</li> <li>Soy sauce</li> <li>Vegetable gum</li> <li>Yeast extract/autolyze yeast extract</li> <li>Vitamin supplements</li> <li>Mineral supplements</li> </ul>	potato <u>Reading " handout"</u> wheat, barley, rye or not ten protein • No wheat list • Choose labele • Listed on rew d • Made from constarch, or tan • Choose labele	malt is included in the ted ed GF soy sauce verse side corn starch, potato pioca starch led GF supplements	<ul> <li>handout</li> <li>sub-ingredient list</li> <li>Contains wheat</li> <li>Brewed with whether the sub-ingredient listed</li> <li>Avoid if gluter listed</li> <li>Contains whether the sub-ingredient listed</li> <li>Contains whether the sub-ingredient listed</li> </ul>	at wheat h-free source not at starch, barley of these grains
<ul> <li>Modified food starch</li> <li>Food starch</li> <li>Oats - See "GF Label</li> <li>Seasonings: unless v it is probably free of glu</li> <li>Soy sauce</li> <li>Vegetable gum</li> <li>Yeast extract/autolyze yeast extract</li> <li>Vitamin supplements</li> </ul>	potato <u>Reading "handout"</u> wheat, barley, rye or n ten protein • No wheat list • Choose labele • Listed on rev d • Made from c starch, or ta • Choose label • Choose label • Choose label • Choose label • Choose label	malt is included in the ted ed GF soy sauce verse side corn starch, potato pioca starch led GF supplements cturer to check on GF	<ul> <li>handout</li> <li>sub-ingredient list</li> <li>Contains wheat</li> <li>Brewed with whether the sub-ingredient listed</li> <li>Avoid if gluter listed</li> <li>Contains whether the sub-ingredient listed</li> <li>Contains whether the sub-ingredient listed</li> </ul>	at wheat h-free source not at starch, barley of these grains
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