

Avoid List for a Gluten-Free Diet



Grains

Barley
Bulgur
Club Wheat
Durum
Einkorn
Emmer
Kamut
Rye
Spelt
Triticale
Wheat
Oats (unless labeled gluten-free)

Ingredients

Bread crumbs
Cereal extract
Couscous (dish made from semolina)
Cracker meal
Farina (cereal made from grains)
Gluten
Graham flour
Matzah or matzah meal
Pasta – (wheat based)
Seitan (fake meat made from gluten)
Semolina (by-product of wheat)
Sprouted wheat
Tabouleh (bulgur salad)
Tempura Crumbs
Vital wheat gluten
Wheat bran
Wheat bran hydrolysate
Wheat flours (look for grains previously mentioned)
Wheat germ
Wheat germ oil
Wheat grass
Wheat malt
Wheat sprouts
Wheat protein (hydrolyzed)
Wheat protein isolate
Wheat starch
Whole wheat berries

Food Additives*

Glucose Syrup
Hydrolyzed vegetable protein (HVP)
Modified food starch
Vegetable starch or vegetable protein
Gelatinized starch
Pre-gelatinized starch
Natural flavorings
Soy sauce
Malt Flavoring
* Unless Labeled Gluten-Free

Somewhat Unexpected*

Vitamins (some use gluten as binding agent)
Play dough
Ketchup
Ice Cream
Bouillon
Cold Cuts
Hot Dogs
Self-Basting Turkey
Trail Mixes
* Not all brands contain gluten