

Look for these ingredients and additives on food labels:

General

Ale/Beer
Brown rice syrup
Canned baked beans
Cereal additives
Condiments made with grain distilled vinegar
Cooking sprays that contain grain alcohol⁴
Dextrin
Duram
Einkorn
Emmer
Emulsifiers
Excipients
Far
Farina

Fillers
Fried food in restaurants
Gluten stabilizers
Graham
Granary
Herbal teas made with malted barley
Hydrolyzed Plant Protein (HPP)
Hydrolyzed Vegetable Protein (HVP)
Kamut
Mir
Modified food starch
Most white pepper
Oat gum
Oatrim

Oils not pure
Olestra
Packaged pudding
Replace
Some alcohol based extracts
Some canned tuna
Some cheese spreads and dips
Some colorings
Some commercial candies
Some commercial salad dressings
Some corn syrups
Some flavorings
some ground spices
Some ice creams
some mustard powder
Some preservatives
some sherbets

Vegetables

Black- eyed peas, canned (may contain hydrolyzed wheat protein)
Pepper, chipotle in Adobe sauce, canned (gluten content unknown)
Spaghetti/Marinara sauce (check ingredients)

Meats

Bacon, pork, cooked
Bacon, imitation
Fish, tuna, canned (may contain vegetable broth containing wheat)
Freeze-dried meats
Processed meats
Prosciutto (gluten content unknown)
Seafood, imitation

Legumes and Beans

Bean Paste (possible preservatives)
Tofu (gluten content unknown)

Starches / Cereals

Bagel
Baguette
Barley
Bran
Biscuit
Bread, white/wheat/rye
Buckwheat
Bulgur
Cornbread
Cornbread, packaged
Couscous

Crackers, saltine
Crackers, graham
Croutons, plain
English muffin
Wheat flour
Hoagie Roll
Melba toast, plain
Malts
Matzo
Millet
Rye
Semolina

Noodles, Ramen
Oats
Orzo
Pasta, dry
Potato products, frozen
Tortilla, flour, 6-inch
Barley, dry
Cereal, oatmeal
Cereal, cream of wheat
Cereal, Kellogg's All Bran Flakes
Quinoa

Dairy²

Cheese, blue (Veined cheese ¹)	Cheese, parmigiano-reggiano (Check for rennet)	Egg substitute (May contain unidentified vegetable gums)
Cheese, cottage, low fat (Modified food starch)	Cheese, pecorino-romano (Check for rennet)	Ice Cream (May contain alcohol flavorings)
Cheese, fontina (Check for rennet)	Cheese, ricotta, reduced fat (May contain vinegar)	Milk, soy (Usually O.K., check ingredients)
Cheese, goat (Check for rennet)	Cool Whip (Modified food starch)	Sour cream, non fat (May contain maltodextrin)
Cheese, mozzarella, fresh (May contain vinegar)	Creamers, non-dairy	

Beverages

Ale / Beer (Grain – Unless specified gluten free)	Gin	Triple Sec (unknown gluten content)
Bourbon (Grain)	Grand Marnier (unknown gluten content)	Vodka (Grain)
Chocolate milk, commercial (liquid)	Ovaltine and similar malted beverages	Whiskey
Cocoa mixes (dry)	Root Beer (Modified food starch)	Wine (U.S. wines are gluten-free)
	Sherry (unknown gluten content)	

Fats

Mayonnaise, reduced calorie (May contain vinegar)
 Pam vegetable spray⁴ (Grain alcohol)
 Sour cream, reduced calorie (May contain maltodextrin)

Sweets

Chocolate, bakers, bittersweet (Gluten-free if pure)
 Cocoa, dry, powered (Gluten-free if pure, not a mix)
 Graham crackers (Wheat)
 Pie, apple (Wheat flour)
 Pudding (Modified food starch)
 Sherbet (Check ingredients)
 Splenda (safe if manufactured in the United States)
 Wafer, Chocolate (Wheat)

Miscellaneous³

Capers (contains vinegar)	Jerk rub (Gluten content unknown)	Walnut extract (Gluten content unknown)
Chutney (Gluten content unknown)	Soy sauce (often contains wheat)	Worcestershire sauce ⁵ (Distilled grain vinegar, hydrolyzed protein)
Curry Powder (Contains flour to prevent clumping)	Vanilla extract (May include grain alcohol)	Instant dry yeast or yeast extract (Dry, active yeast is gluten-free)
Harissa Sauce (Gluten content unknown)	Vinegar, cider ⁶ (May include grains)	
	Vinegar, malt (Malt)	

May include distilled grain vinegar:

Horseradish
 Ketchup⁶
 Mustard
 Pickle, dill
 Pickle, gherkin
 Relish

May contain flour to prevent clumping:

Allspice
 Cajun spice
 Cardamom, ground
 Cayenne pepper
 Chili powder
 Cinnamon, ground
 Cloves, ground
 Cumin
 Garam Marsala
 Garlic powder
 Ginger, ground
 Marjoram, ground
 Nutmeg, ground
 Seven spice seasoning

Notes:

1. Safety will vary by producer. Many producers, such as Maytag, do certify they are gluten free and no longer use bread products to produce their Bleu cheese.
2. Some prepackaged shredded cheeses do contain small amounts of flour to prevent the product from sticking. Check the label carefully.
3. Fresh herbs and spices are safe. In a ground and packaged form, use caution as some manufacturers do use trace amounts of flour to prevent the product from caking. Most major manufacturers, such as McCormick, do state their single herb or spice products are gluten and additive free.
4. Many commercial spray oils use grain alcohol as a propellant. Check the label carefully, or purchase a pump sprayer and fill yourself.
5. Lea & Perrins states that their Worcestershire products are gluten free, but ONLY the product distributed in the U.S. Other brands should be checked carefully for malt vinegar.
6. Heinz states that their brand of Red Wine Vinegar, Distilled White Vinegar, Apple Cider Vinegar, and Apple Cider Flavored Vinegar are gluten free, as are all of their varieties of Heinz Ketchup. Also gluten-free are Heinz Organic Ketchup, One Carb Ketchup, No Sodium Added Ketchup, and Heinz Hot & Spicy Kick'rs.