



# Ingredients and Additives that Do Not Contain Gluten

Look for these ingredients and additives on food labels:

## General

Acacia Gum	Apple Cider Vinegar	Aspic
Agar	Arabic Gum	Ascorbic Acid
Alcohol (see below for specifics)	Arrowroot	Balsamic Vinegar
Alfalfa	Artificial Flavoring	Benzoic Acid
Algae	Aspartame (note some IBS type reactions have been noted to occur)	Beta Carotene
Almond		BHA
Annatto		BHT
Annatto Color		Bicarbonate of Soda

## Vegetables

Artichokes	Endive, raw, chopped	Pepper, red chili, hot
Asparagus, raw	Fennel	Pepper, tomatillo
Asparagus, cooked	Garlic	Pepper, yellow sweet
Asparagus, white, cooked	Kale, raw, chopped	Potato, red, cooked
Bamboo Shoots	Leek, raw	Potato, white, baked
Beans, green, cooked	Lettuce, arugula	Potato, sweet, cooked
Beets, cooked, sliced	Lettuce, Boston/Bibb, raw	Shallots, chopped
Bok Choy	Lettuce, green leaf, raw	Snow peas, raw
Broccoli, raw, chopped	Lettuce, red leaf, raw	Spinach, raw
Broccoli, cooked, chopped	Lettuce, Romaine, raw	Spinach, cooked
Brussels sprouts, cooked	Lettuce, Iceberg, raw	Spinach, frozen
Brussels sprouts, raw	Mushrooms, raw	Squash, acorn
Cabbage, Chinese, raw, shredded	Mustard greens, raw, chopped	Squash, butternut, cooked, cubed
Cabbage, napa, raw, shredded	Okra, cooked	Squash, summer, cooked
Cabbage, red, raw, shredded	Onions, green/scallions, raw	Swiss Chard, raw
Carrots, raw, strips or slices	Onions, white/red/yellow, raw	Tomato paste
Carrots, cooked, slices	Parsley, raw	Tomato, plum
Cauliflower, raw	Parsnips, cooked	Tomato, raw
Cauliflower, cooked	Peas, green, frozen, cooked	Tomato sauce, canned, no salt
Celery	Peas, green, cooked	Tomatoes, canned, whole
Collard Greens, cooked	Peas & onions, frozen, cooked	Tomatoes, cherry
Corn, yellow, cooked	Peas, split, dry	Tomatoes, sun-dried
Corn, yellow, raw	Peas, sugar snap, cooked	Turnips, cooked
Cucumber	Pepper, chipotle, chili, dried	Turnip greens, raw
Eggplant, raw, cubed	Pepper, green bell	Watercress, raw
Eggplant, cooked, cubed	Pepper, jalapeno	Zucchini, cooked
	Pepper, red bell	

## Starches / Cereals

Cornmeal, blue	Grits, cooked	Rice, wild, cooked
Cornmeal, yellow	Rice, white & brown, cooked	Tortilla, corn, 6-inch
Cornstarch		

**Fruits**

Apple, with and without peel	Grapes, red/green, seedless	Peach
Applesauce	Kiwi fruit	Pear
Avocado	Lemon	Pineapple, fresh
Banana	Lime	Plum
Blackberries	Mango	Prunes, dried
Blueberries	Melon, cantaloupe	Pumpkin, canned
Cherries, dried or fresh	Melon, honeydew	Raisins
Cranberries, dried or raw	Orange, peel, flesh, and juice	Strawberries, fresh
Currants		Watermelon, fresh

**Meats**

Anchovies, fillets	Crabmeat, cooked	Lamb, cooked
Beef, cooked, lean	Fish, cod, cooked	Liver, beef, cooked
Beef, ground, fried, lean	Fish, grouper, cooked	Mussels, cooked
Beef stock, fresh	Fish, haddock, cooked	Pork, cooked
Chicken, cooked, breast, no skin	Fish, halibut, cooked	Scallops, cooked
Chicken stock, fresh	Fish, salmon, cooked	Shrimp, cooked
Clams, canned, chopped	Fish, sole, cooked	Turkey, cooked, no skin
Clams, fresh	Fish, tuna, cooked	

**Legumes and Beans**

Almonds	Beans, red kidney, dried, cooked	Lentils, dry, cooked
Bean sprouts, mungo, fresh	Beans, red kidney, canned	Peanuts
Beans, black, dried, cooked	Beans, lima, dried, cooked	Peanut butter, low fat
Beans, garbanzo, canned	Beans, navy, dried, cooked	Pecans, chopped
Beans, great northern, dried, cooked	Beans, navy, canned	Pine nuts
Beans, great northern, canned	Beans, pinto, dried, cooked	Pistachio nuts
Beans, kidney, dried, cooked	Beans, pinto, canned	Tahini
Beans, kidney, canned	Cashews	Walnuts, chopped
	Edamame	

**Dairy<sup>1</sup>**

Buttermilk, non-fat	Cheese, swiss, low fat	Milk, coconut
Cheese, cheddar	Cheese, yogurt	Milk, evaporated, non-fat
Cheese, cheddar, reduced fat	Egg, whole, large	Milk, soy (Usually O.K., check ingredients)
Cheese, feta	Egg, white, large	Milk, whole
Cheese, monterey	Egg, yolk large	Sherbet
Cheese, mozzarella, part skim	Milk, 2 percent	Sorbet
Cheese, parmesan	Milk, dry, non-fat	Yogurt, plain, low-fat

**Beverages**

Brandy	Coffee, instant, granules	Sake
Budweiser Beer (Per manufacturer)	Cognac	Tea, brewed
Carbonated soda	Grapefruit juice	Tomato juice, canned, no salt
Champagne	Lemon juice	V-8 juice
Coffee, brewed	Lime juice	Wine (U.S wines O.K.)
	Orange juice	

**Fats<sup>3</sup>**

Butter	Oil, olive	Promise spread
Cream cheese	Oil, peanut	Promise spread, light
Oil, canola	Oil, safflower	Sour cream, reg.
Oil, corn	Oil, sesame	Take Control spread
Oil, grapeseed	Oil, soybean	Take Control spread, light

**Miscellaneous<sup>2, 5</sup>**

Baking powder (check label)	Mint	Sage, ground
Baking soda (check label)	Mustard, seed	Salt
Basil, fresh	Olives, ripe, canned	Sesame seeds
Bay leaves, crushed	Oregano, dried	Tarragon, dried
Celery Seed	Paprika	Tabasco sauce
Chives	Pepper	Thyme, dried
Cilantro, fresh	Pepper, red, ground	Vinegar, rice
Cumin, seed	Pickapeppa sauce	Vinegar, wine
Dill, fresh	Pine nuts	Wasabi root
Gelatin, dry, unflavored	Pumpkin seeds	Worcestershire sauce <sup>4</sup> (Lea & Perrins brand)
Ginger root	Rosemary	Yeast, dry, active
Jicama Root	Saffron	

**Sweets**

Chocolate, bakers, bittersweet	Gelatin, fruit flavored	Splenda (if manufactured in the United States)
Chocolate syrup, canned,	Honey	Sugar, white or brown
Hersheys	Maple syrup	Jam/jelly
Cocoa, dry, powered	Molasses	

**Notes:**

1. Some prepackaged shredded cheeses do contain small amounts of flour to prevent the product from sticking. Check the label carefully.
2. 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.
3. Many commercial spray oils use grain alcohol as a propellant. Check the label carefully, or purchase a pump sprayer and fill yourself.
4. 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.
5. 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.