

Ingredients and Additives Containing Gluten

General

Ale/Beer (Gluten free beers are widely available but most common lagers, ales and stouts are made with wheat, barley, rye or other gluten containing grains.)
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
Buckwheat⁷
Bulgur⁷
Cornbread
Cornbread, packaged
Couscous

Crackers, saltine
Crackers, graham
Croutons, plain
English muffin
Wheat flour
Hoagie Roll
Melba toast, plain
Malts
Matzo
Millet⁷
Rye
Semolina

Noodles, Ramen
Oats⁷
Orzo Pasta, dry
Potato products, frozen
Tortilla, flour, 6-inch
Barley, dry
Cereal, oatmeal⁷
Cereal, cream of wheat
Cereal, Kellogg's All Bran Flakes
Quinoa⁷

Dairy

Cheese, blue ¹
 Cheese, cottage, low fat (Modified food starch)
 Cheese, fontina (Check for rennet)
 Cheese, goat (Check for rennet)
 Cheese, mozzarella, fresh (May contain vinegar)

Cheese, parmigiano-reggiano (Check for rennet)
 Cheese, pecorino-romano (Check for rennet)
 Cheese, ricotta, reduced fat (May contain vinegar)
 Cool Whip (Modified food starch)
 Creamers, non-dairy

Egg substitute (May contain unidentified vegetable gums)
 Ice Cream (May contain alcohol flavorings)
 Milk, soy (Usually O.K., check ingredients)
 Sour cream, non fat (May contain maltodextrin)

Beverages

Ale / Beer (Grain – Unless specified gluten free)
 Bourbon (Grain)
 Chocolate milk, commercial (liquid)
 Cocoa mixes (dry)

Gin
 Grand Marnier (unknown gluten content)
 Ovaltine and similar malted beverages
 Root Beer (Modified food starch)
 Sherry (unknown gluten content)

Triple Sec (unknown gluten content)
 Vodka (Grain)
 Whiskey
 Wine (U.S. wines are gluten-free)

Fats

Mayonnaise, reduced calorie (May contain vinegar)
 Pam vegetable spray ⁴ (Grain alcohol)
 Sour cream, reduced calorie (May contain maltodextrin)

Sweets

Chocolate, bakers, bittersweet (Gluten-free if pure)
 Cocoa, dry, powered (Glutenfree 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)

Miscellaneous ³

Capers (contains vinegar)
 Chutney (Gluten content unknown)
 Curry Powder (Contains flour to prevent clumping)
 Harissa Sauce (Gluten content unknown)

Jerk rub (Gluten content unknown)
 Soy sauce (often contains wheat)
 Vanilla extract (May include grain alcohol)
 Vinegar, cider ⁶ (May include grains)
 Vinegar, malt (Malt)

Walnut extract (Gluten content unknown)
 Worcestershire sauce ⁵ (Distilled grain vinegar, hydrolyzed protein)
 Instant dry yeast or yeast extract (Dry, active yeast is gluten-free)

May include distilled grain vinegar:

Horseradish
 Ketchup ⁶
 Mustard
 Pickle, dill Pickle, gherkin
 Relish

May contain flour to prevent clumping:

Allspice
 Cumin
 Cajun spice
 Garam Marsala
 Cardamom, ground
 Garlic powder

Cayenne pepper
 Ginger, ground
 Chili powder
 Marjoram, ground
 Cinnamon, ground
 Nutmeg, ground
 Cloves, ground
 Seven spice seasoning

Notes:

1. Commonly considered to contain gluten, but proven to be gluten-free:
<http://www.celiac.ca/bluecheese.php>
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.
7. Many grains and flours are processed in factories that also mill wheat and other gluten containing flours and cross-contamination could be an issue. Check the package to see if this has been certified gluten free.