

## Avoiding Wheat & Gluten

### Gluten Grains:

- Barley
- Einkorn
- Emmer
- Farro
- Kamut
- Rye
- Spelt
- Triticale
- Wheat (common, hard/  
Abyssinian, soft, oriental,  
Persian, poulard, polish)

### Gluten Flours:

- Atta flour
- Barley flour
- Bleached flour
- Bread flour
- Enriched flour
- Farina
- Graham flour
- Kamut flour
- Maida
- Malted barley flour
- Rye flour
- Spelt flour
- Unbleached flour
- Wheat flours

### Gluten Grain Products:

- Alcohols (beer, bourbon,  
whiskey, etc.)
- Barley malt (sometimes labeled  
as malt, malt extract or malt  
syrup)
- Bran
- Bulgur
- Couscous
- Germ
- Gluten (wheat or vital wheat)
- Matza/matzah/matzo
- Orzo
- Pasta
- Pearl barley
- Seitan
- Semolina
- Starch
- Tabouli

### Gluten Flours:

- Deli meats
- Canned soups
- Salad dressings
- Cereals
- Crackers



### Ingredients Likely to Contain Gluten:

- Artificial color
- Baking powder
- Clarifying agents
- Coloring
- Dry roasted nuts (may have coatings or produced on machinery with gluten items)
- Emulsifiers
- Fat replacer
- Ground spices and seasonings (may use wheat flour as an anti-caking agent)
- Imitation seafood
- Miso (often contains barley malt enzymes)
- Natural juices/juice drinks (may contain barley ingredients)
- Non-dairy creamer
- Pre-gelatinized starch
- Protein hydrosolates
- Soba noodles
- Soy sauce
- Stabilizers
- Soup stock cubes
- Suet
- Tocopherols (often derived from wheat germ oil)
- Vegetable broth
- Vegetable gum
- Vegetable protein
- Vegetable starch
- Vitamins (especially chewable varieties)
- Yeast extract (autolyzed yeast extract)

**NOTE** - really, any packaged or processed food not labeled gluten free could potentially contain gluten; take time to read labels to avoid unwanted exposure.

