



Unacceptable Ingredients List v.2

All Ingredients That Must Be Avoided on a Gluten-Free Diet

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To maintain a gluten-free diet, you must be sure you're avoiding all sources of gluten, which can be found in foods, health products (i.e. medicines) and beauty products (i.e. makeup, hair & skin products). Here's a list of all the ways gluten may be listed in ingredients, recipes and formulas.

- **Wheat** *(can be listed many ways, including:)*
 - Abyssinian Hard (*Wheat Triticum duran*)
 - AMP-Isostearoyl (*Hydrolyzed Wheat Protein*)
 - Bran
 - Dinkle
 - Durum
 - Einkorn
 - Emmer
 - Faro (*sometimes Farro*)
 - Graham
 - Hydrolyzed Wheat Protein
 - Kamut
 - Semolina
 - Spelt
 - Sprouted Wheat
 - Wheat Germ
 - Wheat Protein(s)
 - Wheat Germ Oil
 - Wheatstraw
 - Wheat Amino Acids
 - Wheat Berry
 - Wheat Bran
 - Wheat Germ
 - Wheat Germ Glycerides
 - Wheat Germ Oil
 - Wheat Grass
 - Wheat Starch
 - Whole Wheat Berries
 - Triticum Vulgare (*Can be followed by: Germ Extract, Germ Oil, Gluten or Starch*)

- **Rye**
 - Secale Cereale (Rye) Seed Flour
 - MIR

- **Barley**
 - Barley (*Hordeum Vulgare*)
 - Barley malt
 - Barley extract
 - Miso may contain barley
- **Oats** *(can be gluten-free, but due to growing and/or manufacturing practices oats are often cross-contaminated with gluten. You can find dedicated, gluten-free oats, such as Bob's Red Mill)*
 - Avena (wild oat)
 - Oat Kernel Flour (*Avena Sativa*)
 - Oat bran
 - Oat fiber
 - Oat gum
 - Oat syrup
- **Sodium PCA (Yeast Extract)**
- **Bran**
- **Bulgur**
 - Bulgur wheat
 - Bulgur nuts
- **Dextrin** *(can be made from wheat)*
- **Dextrin Palmitate**
- **Cyclodextrin**
- **Gluten**
 - (sometimes "Glutenin")
 - Vital Gluten
- **Wheat Maltodextrin**
- **Maltodextrin** *(can be made from other grains but unless it says specifically that it's NOT from wheat, avoid to be safe)*
- **Triticale**
- **Tocopherol** *(can be from wheat... it was originally extracted from wheat, but is now mostly derived from vegetable sources, such as soy)*
- **Tocopherol Acetate** *(see Tocopherol above)*
- **Starch, Edible Starch or Modified Food Starch** *(Generally safe. FDA regulations require manufacturers to clearly label starches if derived from anything other than corn. So gluten-containing starches will specifically state something like "wheat" or (wheat) or "made on equipment that processes wheat"*
- **Malt** *(in any iteration, including:)*
 - Malt Flavoring
 - Malt Extract
 - Malt Vinegar
 - Hydrolyzed Malt Extract

- **Carmel Color** (Most carmel coloring used in the US is safe, but it can be made from barley malt. *Note: Carmel color made from corn Citric Acid is acceptable for a GF Diet.)
- **Flavorings** (Gluten is **NOT** usually used in the US. Most come from corn except barley malt flavoring or flavorings in meat products.)
- **Natural Flavor** (may be made from wheat... check with manufacturer for flavor source)
- **Beer** (most beer is made from wheat and barley, although there are Gluten-Free Beers on the market)
- **Ale**
- **Lager**
- **Brewer's Yeast** (some are acceptable, but it can be a byproduct of beer, which is most often wheat)
- **Yeast Extract**
- **Flour** There are many alternative flours that are acceptable, but these are the flours you should avoid:
 - All-purpose flour
 - Barley flour
 - Bleached flour
 - Brown flour
 - Durum flour
 - Enriched flour
 - Gluten flour
 - Graham flour
 - Granary flour
 - High protein flour
 - Oat flour
 - Wheat flour
 - White flour
- **Rice Products** (while rice is acceptable on a GF diet, the following ingredients *MAY* be made with wheat. Check with manufacturer.)
 - Rice Malt
 - Rice Syrup
 - Brown Rice Syrup

**This list is not guaranteed to be 100% complete or accurate. It should not be used as a substitute for advice from a licensed health-care provider. Please consult your physician, dietitian or other health-care provider for all health, medical and dietary matters.*