

# 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 alcohol<sup>4</sup>  
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<sup>7</sup>  
Bulgur<sup>7</sup>  
Cornbread  
Cornbread, packaged  
Couscous

Crackers, saltine  
Crackers, graham  
Croutons, plain  
English muffin  
Wheat flour  
Hoagie Roll  
Melba toast, plain  
Malts  
Matzo  
Millet<sup>7</sup>  
Rye  
Semolina

Noodles, Ramen  
Oats<sup>7</sup>  
Orzo Pasta, dry  
Potato products, frozen  
Tortilla, flour, 6-inch  
Barley, dry  
Cereal, oatmeal<sup>7</sup>  
Cereal, cream of wheat  
Cereal, Kellogg's All Bran Flakes  
Quinoa<sup>7</sup>

## Dairy

Cheese, blue <sup>1</sup>  
 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 <sup>4</sup> (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 <sup>3</sup>

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 <sup>6</sup> (May include grains)  
 Vinegar, malt (Malt)

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

### May include distilled grain vinegar:

Horseradish  
 Ketchup <sup>6</sup>  
 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.