

Non-Gluten-Free Foods and Ingredients

The following is a list of non-gluten-free (unsafe/forbidden) foods and ingredients that must be avoided for people with celiac and gluten-sensitivities. (USA and Canada)

A

Abyssinian Hard (Wheat triticum durum)

Atta Flour

B

Barley Grass (can contain seeds)

Barley Hordeum vulgare

Barley Malt

Beer (most contain barley or wheat)

Bleached Flour

Bran (wheat, rye or barley bran)

Bread Flour

Brewer's Yeast

Brown Flour

Bulgur (Bulgar Wheat/Nuts)

Bulgur Wheat

C

Cereal Binding

Chilton

Club Wheat (Triticum aestivum subspecies compactum)

Common Wheat (Triticum aestivum)

Cookie Crumbs

Cookie Dough

Cookie Dough Pieces

Couscous

Criped Rice

D

**Dinkle (Spelt) Disodium Wheatgermamido Peg-2
Sulfosuccinate Durum wheat (Triticum durum)**

E

Edible Coatings

Edible Films

Edible Starch

Einkorn (Triticum monococcum)

Emmer (Triticum dicoccon)

Enriched Bleached Flour

Enriched Bleached Wheat Flour

Enriched Flour

F

Farik

Farina

Farina Graham

Farro

Filler

Flour (normally this is wheat)

Freekeh

Frikeh

Fu (dried wheat gluten)

G

Germ (wheat, rye or barley bran)

Graham Flour

Granary Flour

Groats (barley, wheat)

H

Hard Wheat

Heeng

Hing

Hordeum Chilense (Wild Barley)

**Hordeum Vulgare Extract Hydroxypropyltrimonium
Hydrolyzed Wheat Protein Hydrolyzed Wheat Gluten
Hydrolyzed Wheat Protein Hydrolyzed Wheat Protein Pg-
Propyl Silanetriol Hydrolyzed Wheat Starch**

K

**Kamut (Pasta wheat)
Kecap Manis (Soy Sauce)
Ketjap Manis (Soy Sauce)
Kluski Pasta**

M

**Maida (Indian wheat flour)
Malt
Malted Barley Flour
Malted Milk
Malt Extract
Malt Syrup
Malt Flavoring
Malt Vinegar
Macha Wheat (Triticum aestivum)
Matza
Matzah
Matzo
Matzo Semolina
Meripro 711
Mir**

N

Nishasta

O

**Oriental Wheat (Triticum turanicum)
Orzo Pasta**

P

Pasta Pearl Barley Persian Wheat (*Triticum carthlicum*)

Perungayam Poulard Wheat (*Triticum turgidum*)

Polish Wheat (*Triticum polonicum*)

R

Rice Malt (if barley or Koji are used)

Roux

Rusk

Rye

S

Seitan

Semolina

Semolina Triticum

Shot Wheat (*Triticum aestivum*)

Small Spelt

Spirits (Specific Types)

Spelt (*Triticum spelta*)

Sprouted Wheat or Barley

Stearyltrimoniumhydroxypropyl Hydrolyzed Wheat Protein

Strong Flour

Suet in Packets

T

Tabbouleh

Tabouli

Teriyaki Sauce

Timopheevi Wheat (*Triticum timopheevii*)

Triticale X triticosecale

Triticum Durum (Durum Wheat)

Triticum Vulgare (Wheat) Flour Lipids

Triticum Vulgare (Wheat) Germ Extract

Triticum Vulgare (Wheat) Germ Oil

Tritordeum (combination of durum wheat - Triticum Durum - and wild barley (Hordeum Chilense)

U

Udon (wheat noodles)

Unbleached Flour

V

Vavilovi Wheat (Triticum aestivum)

Vital Wheat Gluten

W

Wheat, Abyssinian

Hard triticum durum

Wheat Amino Acids Wheat Bran Extract

Wheat, Bulgur

Wheat Durum Triticum

Wheat Germ Extract Wheat Germ

Glycerides

Wheat Germ Oil

Wheat Germamidopropyldimonium

Hydroxypropyl Hydrolyzed Wheat

Protein Wheat Grass (can contain seeds)

Wheat Nuts

Wheat Protein

Wheat Starch

Wheat Triticum aestivum

Wheat Triticum Monococcum

Wheat (Triticum Vulgare)

Bran Extract

Whole-Meal Flour

Wild Barley (Hordeum Chilense)

Wild Einkorn (Triticum boeotictim)

Wild Emmer (Triticum dicoccoides)

The following foods and ingredients may or may not contain gluten depending on where and how they are made. It is advised to check with the manufacturer to confirm the gluten-free status.

Amp-Isostearoyl Hydrolyzed Wheat Protein
Artificial Color
Baking Powder
Clarifying Agents
Coloring
Dry Roasted Nuts
Emulsifiers
Enzymes
Fat Replacer
Gravy Cubes
Ground Spices
Hydrogenated Starch Hydrolysate
Hydroxypropylated Starch
Miso
Natural Juices
Non-dairy Creamer
Pregelatinized Starch
Protein Hydrolysates

Seafood Analogs
Seasonings
Sirimi
Soba Noodles
Soy Sauce
Soy Sauce Extract
Soy Sauce Solids
Sphingolipids
Stabilizers
Starch
Stock Cubes
Suet
Tocopherols
Vegetable Broth
Vegetable Gum
Vegetable Protein
Vegetable Starch
Vitamins