

SAFE Food Ingredients for a Gluten Free Diet (from www.celiac.com May '09)

Acacia Gum	Benzoic acid	Cetyl Stearyl Alcohol
Acesulfame K	Besan (Chickpea)	Champagne Vinegar
Acesulfame Potassium	Beta Glucan (from Oats ³)	Channa (Chickpea)
Acetanisole	Betaine	Chana Flour (Chickpea Flour)
Acetophenone	Beta Carotene	Cheeses - (most, but check ingredients)
Acorn Quercus	BHA	Chestnuts
Adipic Acid	BHT	Chickpea , aka Garbanzo beans
Adzuki Bean	Bicarbonate of Soda	Chlorella
Acacia Gum	Biotin	Chocolate Liquor
Agar	Blue Cheese	Choline Chloride
Agave	Brown Sugar	Chromium Citrate
Albumen	Buckwheat	Chymosin
Alcohol (Spirits - Specific Types)	Butter (check additives)	Citric Acid
Alfalfa	Butylated Hydroxyanisole	Citrus Red No. 2
Algae	Butyl Compounds	Cochineal
Algin	Calcium Acetate	Cocoa & Cocoa Butter
Alginic Acid	Calcium Carbonate	Coconut
Alginate	Calcium Caseinate	Coconut Vinegar
<i>ALL Fresh Vegetables & Fruits</i>	Calcium Chloride	Collagen
Alkalized Cocoa	Calcium Disodium	Colloidal Silicon Dioxide
Allicin	Calcium Hydroxide	Confectioner's Glaze
Almond Nut	Calcium Lactate	Copernicia Cerifera
Alpha-amylase	Calcium Pantothenate	Copper Sulphate
Alpha-lactalbumin	Calcium Phosphate	Corn , including but not limited to:
Aluminum	Calcium Propionate	Corn Gluten, Corn Masa Flour,
Amaranth	Calcium Silicate	Corn Meal, Corn Flour, Corn
Ambergris	Calcium Sorbate	Starch, Corn Sugar, Corn Sugar
Ammonium Hydroxide	Calcium Stearoyl Lactylate	Vinegar. Corn Syrup. Corn Syrup
Ammonium Phosphate	Calcium Stearate	Solids. Corn Sweetener, Corn Vine
Ammonium Sulphate	Calcium Sulfate	gar, Corn Zein
Amylose	Calrose	Cortisone
Amylopectin	Camphor	Cotton Seed & Cottonseed Oil
Annatto	Cane Sugar	Cowitch
Annatto Color	Cane Vinegar	Cowpea
Apple Cider Vinegar	Canola (Rapeseed)	Cream of Tartar
Arabic Gum	Canola Oil (Rapeseed Oil)	Crospovidone
Arrowroot	Caprylic Acid	Curds
Artificial Butter Flavor	Carageenan Chondrus Crispus	Cyanocobalamin
Artificial Flavoring	Carbonated Water	Cysteine, L
Ascorbic Acid	Carboxymethyl Cellulose	Dal (Lentils)
Aspartame (can cause IBS symptoms)	Carmine	D-Alpha-tocopherol
Aspartic Acid	Carnauba Wax	Dasheen Flour (Taro)
Aspic	Carob Bean & Bean Gum	Dates
Astragalus Gummifer	Carob Flour	D-Calcium Pantothenate
Autolyzed Yeast Extract	Carrageenan	Delactosed Whey
Avena Sativia (Oats ³)	Casein	Demineralized Whey
Avena Sativia Extract (from Oats ³)	Cassava Manihot Esculenta	Desamidocollagen
Avidin	Castor Oil	Dextran
Azodicarbonamide	Catalase	Dextrose
Baking Soda	Cellulose ¹	Diocetyl Sodium
Balsamic Vinegar	Cellulose Ether	Diocetyl Sodium Solfosuccinate
Beeswax	Cellulose Gum	Dipotassium Phosphate
Beans, all fresh & dried	Cetyl Alcohol	

Disodium Guanylate
 Disodium Inosinate
 Disodium Phosphate
[Distilled Alcohols](#)
[Distilled Vinegar](#)
[Distilled White Vinegar](#)
 Dutch Processed Cocoa
 EDTA (Ethylenediaminetetraacetic Acid)
 Eggs, Egg Yolks or Egg Whites
 Elastin
 Ester Gum
 Ethyl Alcohol
 Ethylenediaminetetraacetic Acid
 Ethyl Maltol
 Ethyl Vanillin
 Expeller Pressed Canola Oil
 FD&C Blue No. 1 Dye or Lake
 FD&C Blue No. 2 Dye or Lake
 FD&C Green No. 3 Dye or Lake
 FD&C Red No. 3 Dye
 FD&C Red No. 40 Dye or Lake
 FD&C Yellow No. 5 or 6 Dye
 FD&C Yellow No. 6 Lake
 Ferric Orthophosphate
 Ferrous Gluconate
 Ferrous Fumarate
 Ferrous Lactate
 Ferrous Sulfate
 Fish (fresh)
 Flaked Rice
 Flax
 Folacin
 Folate
 Folic Acid-Folacin
 Formaldehyde
 Fructose
 Fruit, fresh or dried
 Fruit Vinegar
 Fumaric Acid
 Galactose
 Garbanzo Beans
 Gelatin
 Glucoamylase
 Gluconolactone
 Glucose
 Glucose Syrup
 Glutamate (free)
 Glutamic Acid
 Glutamine ([amino acid](#))
 Glutinous Rice aka "sweet rice"
 Glutinous Rice Flour
 Glycerin
 Glycerol Monooleate
 Glycol Monosterate
 Glycol
 Glycolic acid
 Gram flour (chick peas)
 Grape Skin Extract
 Grits, Corn
 Guar Gum
 Gum Acacia
 Gum Arabic
 Gum Base
 Gum Tragacanth
 Hemp & Hemp Seeds
 Herbs
 Herb Vinegar
 Hexanedioic Acid
 High Fructose Corn Syrup
 Hominy
 Honey
 Hops
 Horseradish (Pure)
 Hyacinth Bean
 Hydrogen Peroxide
 Hydrolyzed Caseinate
 Hydrolyzed Meat Protein
 Hydrolyzed Soy Protein
 Hydroxypropyl Cellulose
 Hydroxypropyl Methylcellulose
 Hypromellose
 Illepe
 Iodine
 Inulin
 Invert Sugar
 Iron Ammonium Citrate
 Isinglass
 Isolated Soy Protein
 Isomalt
[Job's Tears](#)
 Jowar (Sorghum)
 Karaya Gum
 Kasha (roasted buckwheat)
 Keratin
 K-Carmine Color
 K-Gelatin
 Koshihikari (rice)
 Kudzu & Kudzu Root Starch
 Lactalbumin Phosphate
 Lactase
 Lactic Acid
 Lactitol
 Lactose
 Lactulose
 Lanolin
 Lard
 L-cysteine
 Lecithin
 Lemon Grass
 Lentils
 Licorice (flavoring, not candy)
 Licorice Extract
 Lipase
 L-leucine
[L-lysine](#)
 L-methionine
 Locust Bean Gum
 L-tryptophan
 Magnesium Carbonate
 Magnesium Hydroxide
 Magnesium Oxide
 Maize
 Maize Waxy
 Malic Acid
 Maltitol
 Maltodextrin
 Maltol
 Manganese Sulfate
 Manioc
 Masa (corn), Masa Flour or Harina
 Meat (fresh)
 Medium Chain Triglycerides
 Menhaden Oil
 Methyl Cellulose²
 Microcrystalline Cellulose
 Micro-particulated Egg White Protein
 Milk
 Milk Protein Isolate
[Millet](#)
 Milo (Sorghum)
 Mineral Oil
 Mineral Salts
 Molybdenum Amino Acid Chelate
 Monocalcium Phosphate
 Monopotassium Phosphate
[monosaccharides](#)
 Monosodium Glutamate (MSG)
 Monostearates
 MSG
 Mung Bean
 Musk
 Mustard Flour
 Myristic Acid
 Natural Smoke Flavor
 Niacin-Niacinamide
 Neotame
 Niacin
 Niacinamide
 Nitrates
 Nitrous Oxide
 Non-fat Milk
 Nuts (except wheat, rye & barley)
 Nut, Acorn
 Nut, Almond or Almond Butter

Oats ³	Propylene Glycol Monosterate	Sodium Sulphite
Oils and Fats	Propyl Gallate	Sodium Stannate
Oleic Acid	Protease	Sodium Tripolyphosphate
Oleoresin	Psyllium	Sorbic Acid
Olestra	Pyridoxine Hydrochloride	Sorbitan Monostearate
Oleyl Alcohol/Oil	Quinoa	Sorbitol-Mannitol (can cause IBS symptoms)
Orange B	Ragi	Sorghum & Sorghum Flour
Oryzanol	Raisin Vinegar	Soy & Soybean
Palmitic Acid	Rape	Soy Lecithin
Pantothenic Acid	Recaldent	Soy Protein
Papain	Reduced Iron	Soy Protein Isolate
Paprika	Rennet & Rennet Casein	Spices (pure)
Paraffin	Resinous Glaze	Spirits (Specific Types)
Partially Hydrogenated Cotton seed Oil or Soybean Oil	reticulin	Spirit Vinegar
Peas, all fresh and dried	Riboflavin	Stearates
Pea Flour, Pea Starch	Rice, Rice (Enriched), Rice Flour	Stearamide
Peanuts & Peanut Flour	Rice Starch, Rice Syrup, Rice Vinegar	Stearamine
Pectin	Ricinoleic Acid	Stearic Acid
Pectinase	Romano Bean (chickpea)	Stearyl Lactate
Peppermint Oil	Rosematta	Stevia
Peppers	Rosin	Sunflower Seed
Pepsin	Royal Jelly	Succotash (corn and beans)
Peru Balsam	Saccharin	Sucralose
Petrolatum	Saffron	Sucrose
PGPR (Polyglycerol Polyricinoleate)	Sago, Sago Palm, Sago Flour, Sago Starch	Sulfosuccinate
Phenylalanine	Saifun (bean threads)	Sulfites
Phosphoric Acid	Salt	Sulfur Dioxide
Phosphoric Glycol	Seaweed	Sweet Chestnut Flour
Pigeon Peas	Seeds (except wheat, rye & barley)	Tagatose
Polenta	Sesame Seeds	Tallow
Polydextrose	Shea	Tapioca, Tapioca Flour, Tapioca Starch
Polyethylene Glycol	Sherry Vinegar	Tara Gum
Polyglycerol	Silicon Dioxide	Taro & Taro Root
Polyglycerol Polyricinoleate (PGPR)	Soba (be sure its 100% buckwheat)	Tartaric Acid
Polysorbates	Sodium Acid Pyrophosphate	Tartrazine
Polysorbate 60	Sodium Acetate	TBHQ is Tetra or Tributylhydroquinone
Polysorbate 80	Sodium Alginate	Tea
Potassium Benzoate	Sodium Ascorbate	Tea-Tree Oil
Potassium Caseinate	Sodium Benzoate	Teff & Teff Flour
Potassium Citrate	Sodium Caseinate	Tepary Bean
Potassium Iodide	Sodium Caseinate	Textured Vegetable Protein
Potassium Lactate	Sodium Citrate	Thiamin Hydrochloride
Potassium Matabisulphite	Sodium Erythroate	Thiamine Mononitrate
Potassium Sorbate	Sodium Hexametaphosphate	Thiamine Hydrochloride
Potatoes, Potato Flour, Potato Starch	Sodium Lactate	Titanium Dioxide
Povidone	Sodium Lauryl Sulfate	Tofu (Soy Curd)
Prinus	Sodium Metabisulphite	Tolu Balsam
Pristane	Sodium Nitrate	Torula Yeast
Propolis	Sodium Phosphate	Tragacanth & Tragacanth Gum
Propylene Glycol	Sodium Polyphosphate	Triacetin
	Sodium Silaco Aluminate	Tricalcium Phosphate
	Sodium Stearoyl Lactylate	

Trypsin
Turmeric (Kurkuma)
TVP
Tyrosine
Urad/Urid Beans
Urad/Urid Dal (peas)
Urad/Urid flour
Urd
Vinegar (All except Malt)
Vanilla Extract
Vanilla Flavoring
Vanillin
Vegetables, all fresh/plain
[Vinegars \(Specific Types\)](#)
Vitamin A (retinol)
Vitamin A Palmitate
Vitamin B1
Vitamin B-12
Vitamin B2
Vitamin B6
Vitamin D
Vitamin E Acetate
Waxy Maize
Whey
Whey Protein Concentrate
Whey Protein Isolate
White Vinegar
[Wines](#)
Wine Vinegars (& Balsamic)
Wild Rice
Xanthan Gum
Xylitol
Yam Flour
Yeast, Nutritional Yeast & Baker's Yeast
Yogurt (plain, unflavored)
Zinc Oxide
Zinc Sulfate

1) Cellulose is a carbohydrate polymer of D-glucose. It is the structural material of plants, such as wood in trees. It contains no gluten protein.

2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in rice-based breads, etc.

3) Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also have an additional, unrelated intolerance to them. Cross contamination with wheat is also a factor that you need to consider before choosing to include oats in your diet.