

UNSAFE Food Ingredients for a Gluten Free Diet from www.celiac.com May '09

Abyssinian Hard (Wheat triticum durum)	Hydrolyzed Wheat Protein Pg- Propyl Silanetriol	Triticum Vulgare (Wheat) Germ Oil
Alcohol (Spirits - Specific Types)	Hydrolyzed Wheat Starch	Udon (wheat noodles)
Amp-Isostearoyl Hydrolyzed Wheat Protein	Hydroxypropyltrimonium Hydrolyzed Wheat Protein	Unbleached Flour
Atta Flour	Kamut (Pasta wheat)	Vavilovi Wheat (Triticum aestivum)
Barley Grass (can contain seeds)	Kecap Manis (Soy Sauce)	Vital Wheat Gluten
Barley Hordeum vulgare	Ketjap Manis (Soy Sauce)	Wheat, Abyssinian Hard triticum durum
Barley Malt	Kluski Pasta	Wheat amino acids
Beer (most contain barley or wheat)	Maida (Indian wheat flour)	Wheat Bran Extract
Bleached Flour	Malt	Wheat, Bulgur
Bran	Malted Barley Flour	Wheat Durum Triticum
Bread Flour	Malted Milk	Wheat Germ Extract
Brewer's Yeast	Malt Extract	Wheat Germ Glycerides
Brown Flour	Malt Syrup	Wheat Germ Oil
Bulgur (Bulgar Wheat/Nuts)	Malt Flavoring	Wheat Germamidopropylidimonium Hydroxypropyl Hydrolyzed Wheat Protein
Bulgur Wheat	Malt Vinegar	Wheat Grass (can contain seeds)
Cereal Binding	Macha Wheat (Triticum aestivum)	Wheat Nuts
Chilton	Matza	Wheat Protein
Club Wheat (Triticum aestivum subspecies compactum)	Matzah	Wheat Triticum aestivum
Common Wheat (Triticum aestivum)	Matzo	Wheat Triticum Monococcum
Cookie Crumbs	Matzo Semolina	Wheat (Triticum Vulgare) Bran Extract
Cookie Dough	Meringue	Whole-Meal Flour
Cookie Dough Pieces	Meripro 711	Wild Einkorn (Triticum boeoticum)
Couscous	Mir	Wild Emmer (Triticum dicoccoides)
Criped Rice	Nishasta	
Dinkle (Spelt)	Oriental Wheat (Triticum turanicum)	<i>The following items may or may not contain gluten depending on where and how they are made, and it is sometimes necessary to check with the manufacturer to find out:</i>
Disodium Wheatgermamido Peg-2 Sulfosuccinate	Orzo Pasta	Artificial Color ⁴
Durum wheat (Triticum durum)	Pasta	Baking Powder ⁴
Edible Coatings	Pearl Barley	Caramel Color ^{1,3}
Edible Films	Persian Wheat (Triticum carthlicum)	Caramel Flavoring ^{1,3}
Edible Starch	Perungayam	Clarifying Agents ⁴
Einkorn (Triticum monococcum)	Poulard Wheat (Triticum turgidum)	Coloring ⁴
Emmer (Triticum dicoccon)	Polish Wheat (Triticum polonicum)	Dextrins ^{1,7}
Enriched Bleached Flour	Rice Malt (if barley or Koji are used)	Dextrimaltose ^{1,7}
Enriched Bleached Wheat Flour	Roux	Diglycerides ⁴
Enriched Flour	Rusk	Dry Roasted Nuts ⁴
Farina or Farina Graham	Rye	Emulsifiers ⁴
Farro	Seitan	enzymes ⁴
Filler	Semolina	Fat Replacer ⁴
Flour (normally this is wheat)	Semolina Triticum	Flavoring ⁶
Fu (dried wheat gluten)	Shot Wheat (Triticum aestivum)	Food Starch ^{1,4}
Germ	Small Spelt	Food Starch Modified ^{1,4}
Graham Flour	Spirits (Specific Types)	Glucose Syrup ⁴
Granary Flour	Spelt (Triticum spelta)	Glycerides ⁴
Groats (barley, wheat)	Sprouted Wheat or Barley	Gravy Cubes ⁴
Hard Wheat	Stearylidimoniumhydroxypropyl Hydrolyzed Wheat Protein	Ground Spices ⁴
Heeng	Strong Flour	HPP ⁴
Hing	Suet in Packets	HVP ⁴
Hordeum Vulgare Extract	Tabbouleh	Hydrolyzed Plant Protein ⁴
Hydrolyzed Wheat Gluten	Tabouli	Hydrolyzed Protein ⁴
Hydrolyzed Wheat Protein	Teriyaki Sauce	
	Textured Vegetable Protein - TVP	
	Timopheevi Wheat (Triticum timopheevii)	
	Triticale X triticosecale	
	Triticum Vulgare (Wheat) Flour Lipids	
	Triticum Vulgare (Wheat) Germ Extract	

Hydrolyzed Vegetable Protein⁴
 Hydrogenated Starch Hydrolysate⁴
 Hydroxypropylated Starch⁴
 Maltodextrin^{1,8}
 Maltose⁴
 Miso⁴
 Mixed Tocopherols⁴
 Modified Food Starch^{1,4}
 Modified Starch^{1,4}
 Mono and Diglycerides^{1,4}
 Monoglycerides^{1,4}
 Natural Flavoring⁶
 Natural Flavors⁶
 Natural Juices⁴
 Non-dairy Creamer⁴
 Pregelatinized Starch⁴
 Protein Hydrolysates⁴
 Seafood Analogs⁴
 Seasonings⁴
 Sirimi⁴
 Smoke Flavoring⁴
 Soba Noodles⁴
 Soy Sauce⁴
 Soy Sauce Solids⁴
 Sphingolipids⁴
 Stabilizers⁴
 Starch^{1,4}
 Stock Cubes⁴
 Suet⁴
 Tocopherols⁴
 Vegetable Broth⁴
 Vegetable Gum⁴
 Vegetable Protein⁴
 Vegetable Starch⁴
 Vitamins⁴
 Wheat Starch⁵

- **1)** If this ingredient is made in North America it is likely to be gluten-free.
- **3)** The problem with caramel color is it may or may not contain gluten depending on how it is manufactured. In the USA caramel color must conform with the FDA standard of identity from 21CFR CH.1. This statute says: the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: Dextrose (corn sugar), invert sugar, lactose (milk

sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet). Also, acids, alkalis and salts are listed as additives which may be employed to assist the caramelization process.

- **4)** Can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient.
- **5)** Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, [Codex Alimentarius Quality wheat starch](#) is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in the USA or Canada.
- **6)** According to 21 C.F.R. S 101,22(a)(3): [t]he terms natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or [fermentation](#) products thereof. Whose significant function in food is flavoring rather than nutritional.
 - **7)** Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH

control agents and (2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin.

- May 1997 Sprue-Nik News. (1) Federal Register (4-1-96 Edition) 21CFR Ch.1, Section 184.12277. (2) Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444
- **8)** Maltodextrin is prepared as a white powder or concentrated solution by partial hydrolysis of corn starch or potato starch with safe and suitable acids and enzymes. (1) Maltodextrin, when listed on food sold in the USA, must be (per FDA regulation) made from corn or potato. This rule does NOT apply to vitamin or mineral supplements and medications. (2) Donald Kasarda Ph.D., a research chemist specializing on grain proteins, of the United States Department of Agriculture, found that all maltodextrins in the USA are made from corn starch, using enzymes that are NOT derived from wheat, rye, barley, or oats. On that basis he believes that celiacs need not be too concerned about maltodextrins, though he cautions that there is no guarantee that a manufacturer wont change their process to use wheat starch or a gluten-based [enzyme](#) in the future. (3) - May 1997 Sprue-Nik News 1. Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444 2.Additives Alert, an information sheet from the Greater Philadelphia Celiac Support Group, updated early in 1997. This specific information comes from Nancy Patin Falini, the dietitian advisor for the group and a speaker at a national celiac conferences in the past few years. 3. From the CELLIAC Listserv archives, on the Internet, Donald D. Kasarda, posted November 6, 1996.