

Forbidden List - Foods and Ingredients **Not Safe** for a Gluten-Free Diet

Abyssinian Hard (Wheat triticum durum)	Hydrolyzed Wheat Gluten	Stearyltrimoniumhydroxypropyl Hydrolyzed Wheat Protein
Alcohol (Spirits - Specific Types)	Hydrolyzed Wheat Protein	Strong Flour
Amp-Isostearoyl Hydrolyzed Wheat Protein	Hydrolyzed Wheat Protein Pg-Propyl Silanetriol	Suet in Packets
Barley Grass (can contain seeds)	Hydrolyzed Wheat Starch	Tabbouleh
Barley Hordeum vulgare	Hydroxypropyltrimonium	Teriyaki Sauce
Barley Malt	Hydrolyzed Wheat Protein	Textured Vegetable Protein - TVP
Beer	Kamut (Pasta wheat)	Timopheevi Wheat (Triticum timopheevii)
Bleached Flour	Malt	Triticale X triticosecale
Blue Cheese (made with bread)	Malt Extract	Triticum Vulgare (Wheat) Flour Lipids
Bran	Malt Syrup	Triticum Vulgare (Wheat) Germ Extract
Bread Flour	Malt Flavoring	Triticum Vulgare (Wheat) Germ Oil
Brewer's Yeast	Malt Vinegar	Udon (wheat noodles)
Brown Flour	Macha Wheat (Triticum aestivum)	Unbleached Flour
Bulgur (Bulgar Wheat/Nuts)	Matzo Semolina	Vavilovi Wheat (Triticum aestivum)
Bulgur Wheat	Mir	Vegetable Starch
Cereal Binding	Oriental Wheat (Triticum turanicum)	Wheat, Abyssinian Hard triticum durum
Chilton	Pasta	Wheat Amino Acids
Club Wheat (Triticum aestivum subspecies compactum)	Pearl Barley	Wheat Bran Extract
Common Wheat (Triticum aestivum)	Persian Wheat (Triticum cartholicum)	Wheat, Bulgur
Couscous	Poulard Wheat (Triticum turgidum)	Wheat Durum Triticum
Dextrimaltose	Polish Wheat (Triticum polonicum)	Wheat Germ Extract
Disodium Wheatgermamido Peg-2 Sulfosuccinate	Rice Malt (if barley or Koji are used)	Wheat Germ Glycerides
Durum wheat (Triticum durum)	Rye	Wheat Germ Oil
Edible Starch	Seitan	Wheat Germamidopropyltrimonium Hydroxypropyl Hydrolyzed Wheat Protein
Einkorn (Triticum monococcum)	Semolina	Wheat Grass (can contain seeds)
Emmer (Triticum dicoccon)	Semolina Triticum	Wheat Nuts
Farina	Shot Wheat (Triticum aestivum)	Wheat Protein
Farina Graham	Small Spelt	Wheat Triticum aestivum
Filler	Spirits (Specific Types)	Wheat Triticum Monococcum
Flour (normally this is wheat)	Spelt (Triticum spelta)	Wheat (Triticum Vulgare) Bran Extract
Fu (dried wheat gluten)	Sprouted Wheat or Barley	Whole-Meal Flour
Germ		Wild Einkorn (Triticum boeoticum)
Graham Flour		Wild Emmer (Triticum dicoccoides)
Granary Flour		
Groats (barley, wheat)		
Hard Wheat		

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:

Artificial Color ⁴	Maltodextrin ^{1, 8}	Smoke Flavoring ⁴
Caramel Color ^{1, 3}	Maltose ⁴	Soba Noodles ⁴
Coloring ⁴	Miso ⁴	Soy Sauce ⁴
Dextrins ^{1,7}	Modified Food Starch ^{1, 4}	Starch ^{1, 4}
Flavoring ⁶	Modified Starch ^{1, 4}	Stock Cubes ⁴
Food Starch ^{1, 4}	Monosodium Glutamate (MSG) ^{1, 4}	Vitamins ⁴
Glucose Syrup ⁴	Mustard Powder ⁴	Wheat Starch ⁵
Gravy Cubes ⁴	Natural Flavoring ⁶	
Ground Spices ⁴	Shoyu (soy sauce) ⁴	

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.

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(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 won't 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.

Safe List - Foods & Ingredients Safe for a Gluten-Free Diet

Acacia Gum	Chlorella	Manioc
Acorn Quercus	Chymosin	Masa
Adipic Acid	Citric Acid	Masa Flour
Adzuki Bean	Collagen	Masa Harina
Acacia Gum	Corn	Meat (fresh)
Agar	Corn Gluten	Methyl Cellulose ²
Alcohol (Spirits - Specific Types)	Corn Meal	Microcrystallin Cellulose
Alfalfa	Corn Flour	Milk
Algae	Cornstarch	Millet
Algin	Corn Syrup	Milo
Alginate	Corn Syrup Solids	Mineral Oil
Allicin	Corn Sweetener	Mineral Salts
Almond Nut	Cortisone	Mono and Diglycerides
Aluminum	Cotton Seed Oil	Monosodium Glutamate MSG (made in USA)
Amaranth	Cowitch	Monopotassium Phosphate
Annatto	Cowpea	Mung Bean
Annatto Color	Cream of Tartar	Musk
Apple Cider Vinegar	Cysteine, L	Niacin-Niacinamide
Arabic Gum	Demineralized Whey	Nuts (except wheat, rye & barley)
Arrowroot	Desamidocollagen	Nut, Acron
Artichokes	Dextrose	Nut, Almond
Artificial Flavoring	Diethyl Sodium	Oats ³
Aspartame (can cause IBS symptoms)	Distilled Vinegar	Oils and Fats
Aspic	Eggs	Oleyl Alcohol/Oil
Ascorbic Acid	Elastin	Paraffin
Astragalus Gummifer	Ester Gum	Peas
Baking Soda & Powder (check)	Ethyl Alcohol	Pea - Chick
Balsamic Vinegar	Ferrous Gluconate	Pea - Cow
Beans	Fish (fresh)	Pea Flour
Bean, Adzuki	Flaked Rice	Pepsin
Bean, Hyacinth	Flax	Peru Balsam
Bean, Lentil	Folic Acid-Folacin	Petrolatum
Bean, Mung	Formaldehyde	Phenylalanine
Bean Romano (Chickpea)	Fructose	Pigeon Peas
Bean Tepary	Fruit (including dried)	Polenta
Benzoic acid	Fumaric Acid	Polyethylene Glycol
Besan	Gelatin	Polyglycerol
Betaine	Glutamate (free)	Polysorbates
BHA	Glutamic Acid	Potassium Citrate
BHT	Glutamine (amino acid)	Potassium Iodide
Beta Carotene	Glycerides	Potassium Sorbate
Bicarbonate of Soda (check)	Glycerol Monooleate	Potatoes
Biotin	Glycol Monosterate	Potato Flour
Buckwheat	Glycol	Prinus
Butter (check additives)	Glycolic acid	Pristane
Butylated Hydroxyanisole	Gram flour (chick peas)	Propolis
Butyl Compounds	Grits, Corn	Propylene Glycol
Calcium Carbonate	Guar Gum	Propylene Glycol Monosterate
Calcium Caseinate	Hemp	Propyl Gallate
Calcium Chloride	Herbs	Psyllium
Calcium Disodium	Honey	Pyridoxine Hydrochloride
Calcium Phosphate	Hyacinth Bean	Quinoa
Calcium Silicate	Hydrogen Peroxide	Ragi
Calcium Stearate	Hydrolyzed soy protein	Rape
Calcium Sulfate	Iodine	Rennet
Camphor	Inulin	Reticulin
Canola Oil (Rapeseed Oil)	Invert Sugar	Rice
Caprylic Acid	Job's Tears	Rice (Enriched)
Carageenan Chondrus Crispus	Kasha (roasted buckwheat)	Rice Flour
Carboxymethylcellulose	Keratin	Rice Vinegar
Carnauba Wax	Kudzu Root Starch	Romano Bean (chickpea)
Carob Bean	Lactic Acid	Rosin
Carob Bean Gum	Lactose	Royal Jelly
Carob Flour	Lanolin	Sago Palm
Carrageenan	Lecithin	Sago Flour
Casein	Lentil	Saifun (bean threads)
Cassava Manihot Esculenta	Lipase	Scotch Whisky
Castor Oil	Locust Bean Gum	Seaweed
Cellulose ¹	Magnesium Carbonate	Seeds (except wheat, rye & barley)
Cellulose Gum	Magnesium Hydroxide	Seed - Sesame
Cetyl Alcohol	Maize	Seed - Sunflower
Cheeses	Maize Waxy	Sphingolipids
- (check ingredients)	Malic Acid	Soba (be sure it's 100% buckwheat)
Chestnuts	Maltitol	Sodium Acid Pyrophosphate
Chickpea	Maltodextrin	Sodium Alginate

Sodium Ascorbate
Sodium Benzoate
Sodium Caseinate
Sodium Citrate
Sodium Erythrobate
Sodium Hexametaphosphate
Sodium Lauryl Sulfate
Sodium Nitrate
Sodium Phosphate
Sodium Silicoaluminate
Sodium Stannate
Sorbic Acid
Sorbitol-Mannitol (can cause IBS symptoms)
Sorghum
Sorghum Flour
Soy
Soybean
Soy Lecithin
Spices (pure)
Spirits (Specific Types)
Stearates
Stearamide
Stearamine
Stearic Acid
Subflower Seed
Succotash (corn and beans)

Sucrose
Sulfosuccinate
Sulfites
Sulfur Dioxide
Sweet Chestnut Flour
Tallow
Tapioca
Tapioca Flour
Tarrow Root
Tartaric Acid
TBHQ is Tetra or
Tributylhydroquinone
Tea
Tea-Tree Oil
Teff
Teff Flour
Tepary Bean
Thiamine Hydrochloride
Tofu-Soya Curd
Tolu Balsam
Tragacanth
Tragacanth Gum
Tri-Calcium Phosphate
Turmeric (Kurkuma)
Tyrosine
Urad/Urid Beans

Urad/Urid Dal (peas) Vegetables
Urad/Urid flour
Vinegar (All except Malt)
Vanilla Extract
Vanilla Flavoring
Vanillin
Vinegars (Specific Types)
Vitamin A (retinol)
Waxy Maize
Whey
White Vinegar
Wines
Wine Vinegars (& Balsamic)
Wild Rice
Xanthan Gum
Yam Flour
Yogurt (plain, unflavored)

- 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.