



Unacceptable Ingredients List

All ingredients that must be avoided in a gluten-free diet

To maintain a gluten-free diet, you must be sure you're avoiding all sources of gluten, which can be found in foods, health products (i.e. medicines) and beauty products (i.e. makeup, hair & skin products). Here's a list of all the ways gluten may be listed in ingredients and recipes.

- **Wheat** (*can be listed many ways:*)
 - Durum
 - Graham
 - Kamut
 - Semolina
 - Spelt
 - Einkorn
 - Faro
 - Wheat Germ
 - Hydrolyzed Wheat Protein
 - Wheat Protein(s)
 - Wheat Germ Oil
 - Wheatstraw
 - Wheat Amino Acids
 - Wheat Germ Glycerides
 - AMP-Isostearoyl (Hydrolyzed Wheat Protein)
 - Triticum Vulgare (*Can be followed by: Germ Extract, Germ Oil, Gluten or Starch*)
 - Bran
 - Einkorn
 - Emmer
- **Rye**
- **Secale Cereale (Rye) Seed Flour**
- **Barley**
- **Oats** (*can be gluten-free, but due to growing and/or manufacturing practices oats are often cross-contaminated with gluten. You can find dedicated, gluten-free oats, such as Bob's Red Mill*)

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- **Oat Kernel Flour** (*Avena Sativa*)
- **Sodium PCA** (*Yeast Extract*)
- **Dextrin** (*can be made from wheat*)
- **Dextrin Palmitate**
- **Cyclodextrin**
- **Wheat Maltodextrin**
- **Maltodextrin** (*can be made from other grains but unless it says specifically that it's NOT from wheat, avoid to be safe*)
- **Triticale**
- **Tocopherol** (*can be from wheat... it was originally extracted from wheat, but is now mostly derived from vegetable sources, such as soy*)
- **Tocopherol Acetate** (*see Tocopherol above*)
- **Starch or Modified Food Starch** (*can be wheat or other, so avoid this unless it says specifically "corn" or a non-gluten item on this list*)
- **Malt or Malt Flavoring**
- **Hydrolyzed Malt Extract**
- **Malt Vinegar**
- **Carmel Color** (*often made from barley malt. *Note: Carmel color made from corn Citric Acid is acceptable for a GF Diet*)
- **Beer** (*most beer is made from wheat and barley, although there are Gluten-Free Beers on the market*)
- **Ale**
- **Lager**
- **Brewer's Yeast** (*some are acceptable, but it can be a byproduct of beer, which is most often wheat*)
- **Yeast Extract**

**This list is not guaranteed to be 100% complete or accurate. It should not be used as a substitute for advice from a licensed health-care provider. Please consult your physician, dietitian or other health-care provider for all health, medical and dietary matters.*