

Gluten-Free Fast Facts



Keywords to look for to find gluten on labels:

- Wheat
- Rye
- Barley
- Most commercial oats*
- Malt vinegar
- Malt/Malt Flavoring*
- Brewer's Yeast*
- Yeast Extract*

**Unless marked GF*

Can I eat packaged foods with these ingredients?

- Maltodextrin*
- Starch or modified food starch*
- Dextrin*
- MSG (monosodium glutamate)
- Vanilla & almond extracts
- Caramel coloring
- Vinegar (except malt vinegar)
- Canola oil

Yes! Just avoid labels including: wheat, rye, barley, malt, malt extract, malt flavoring, malt vinegar, brewer's yeast and oats (not marked GF). (**Rare potential exception: meat, poultry or egg products*)

Less obvious foods that USUALLY or OFTEN have gluten:

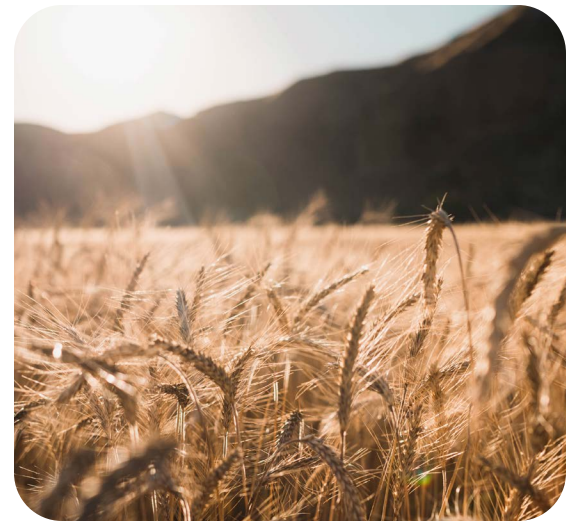
- Breading, coating, Panko crumbs
- Broth, Soup bases
- Candy – ex: licorice, some chocolates
- Imitation bacon
- Imitation seafood
- Lunchmeat, sausages, frankfurters
- Marinades
- Miso (sometimes contains barley)
- Luncheon meats
- Sauces, like soy, teriyaki, hoisin, oyster and bean. Even Tamari may contain barley
- Thickeners (Roux)
- Communion wafers
- Drugs & Over-the-Counter medications
- Nutritional Supplements, herbs, vitamins & Minerals
- Play Doh

Other Names for Wheat:

- Bulgur (wheat)
- Couscous (wheat)
- Durum (wheat)
- Einkorn (wheat)
- Emmer (wheat)
- Farina (wheat)
- Farro (wheat)
- Freekeh
- Flour (*cake flour, pastry flour, self-rising flour, whole wheat, enriched flour*)
- Kamut (wheat)
- Matzo (wheat)
- Orzo (wheat)
- Seitan (wheat)
- Semolina (wheat)
- Spelt (wheat)
- Tabouleh (wheat)
- Triticale (wheat, rye)



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What about oats?

All commercial, regular oats are contaminated with gluten. Most people with Celiac Disease can eat small amounts (around ½ cup uncooked) of GLUTEN FREE oats daily. A small percentage of people with Celiac react the same way to the protein in oats as they do to gluten. Most people need to wait 6 months, or until bloodwork normalizes.

Gluten-free

- Gin
- Vodka
- Bourbon
- Scotch
- Wine

Usually GF (always check)

- Cider
- Flavored liquors

Usually NOT GF

- Beer
- Ale
- Porter
- Stout
- Wine coolers

Alcohol:

Distilled alcohol is gluten-free, even if derived from wheat. If you drink beer, choose beer marked gluten-free, NOT gluten-removed. Currently, the gluten content of “gluten-removed” beers is uncertain. **Avoid them!**

Starches, Grains & Seeds You Can Safely Eat & Enjoy!

- Amaranth
- Arrowroot
- Beans
- Buckwheat
- Corn (*cornstarch, cornmeal, polenta, grits, hominy*)
- Flax
- Nuts
- Potato
- Quinoa
- Rice
- Seeds (*sesame, pumpkin, flax, sunflower, etc.*)
- Sorghum
- Soy
- Sweet Potato
- Tapioca
- Teff
- Wild rice
- All nut flours (*almond, coconut, hazelnut, chestnut, etc.*)
- All bean flours (*garbanzo, garfava, etc.*)

Choose grain & flour products marked “Gluten-Free” & ideally certified GF.

