

AVOID ALL GLUTEN CONTAINING GRAINS INCLUDING:

- Ⓟ Wheat, Wheat germ, Unbleached Flour, All-Purpose Flour
- Ⓟ Barley
- Ⓟ Beer (stout, lager)
- Ⓟ Brown rice syrup (frequently made from barley)
- Ⓟ Bread crumbs, Croutons
- Ⓟ Bulgar (found in tabouleh)
- Ⓟ Cereals (look for Gluten-Free or GF label)
- Ⓟ Couscous
- Ⓟ Einkorn, Faro
- Ⓟ Grain spirits (whiskey, some vodka, bourbon)
- Ⓟ Kamut
- Ⓟ Oats (don't contain gluten but are often cross-contaminated--look for GF label)
- Ⓟ Pasta (semolina or durum flour)
- Ⓟ Rye
- Ⓟ Spelt
- Ⓟ Teff
- Ⓟ Triticale

OTHER, NON-GRAIN SOURCES OF GLUTEN: (you may choose to eliminate these too)

- Ⓟ Caramel coloring (infrequently made from barley)
- Ⓟ Cold cuts (packaged), processed meats (hot dogs), dried meat. Fresh from deli counter is OK
- Ⓟ Gravy stock cubes and Roux (component of gravy)
- Ⓟ Hard candy
- Ⓟ Hydrolyzed vegetable protein
- Ⓟ Imitation seafood or bacon
- Ⓟ Jelly beans (most)
- Ⓟ Licorice (most)
- Ⓟ Maltodextrin (usually corn based, but may be derived from wheat)
- Ⓟ Malt or malt flavoring (usually made from barley), Malt vinegar
- Ⓟ Modified food starch and thickeners (unless source is specified)
- Ⓟ Mustard powder (some),
- Ⓟ Soy sauce and tamari (unless it is wheat-free)
- Ⓟ Starch and vegetable starch