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## Gluten-Containing Foods

Abyssinian Hard (Wheat triticum durum)  
Alcohol (Spirits - Specific Types)  
Amp-Isostearoyl Hydrolyzed Wheat Protein  
Barley Grass (can contain seeds)  
Barley Hordeum vulgare  
Barley Malt  
Beer  
Bleached Flour  
Blue Cheese (made with bread)  
Bran  
Bread Flour  
Brewers Yeast  
Brown Flour  
Bulgur (Bulgar Wheat/Nuts)  
Bulgur Wheat  
Cereal Binding  
Chilton  
Club Wheat (Triticum aestivum subspecies compactum)  
Common Wheat (Triticum aestivum)  
Couscous  
Dextrimaltose  
Disodium Wheatgermamido Peg-2 Sulfosuccinate  
Durum wheat (Triticum durum)  
Edible Starch  
Einkorn (Triticum monococcum)  
Emmer (Triticum dicoccon)  
Farina  
Farina Graham  
Filler  
Flour (normally this is wheat)  
Fu (dried wheat gluten)  
Germ  
Graham Flour  
Granary Flour  
Groats (barley, wheat)  
Hard Wheat  
Hydrolyzed Wheat Gluten



Hydrolyzed Wheat Protein  
Hydrolyzed Wheat Protein Pg-Propyl Silanetriol  
Hydrolyzed Wheat Starch  
Hydroxypropyltrimonium Hydrolyzed Wheat Protein  
Kamut (Pasta wheat)  
Malt  
Malt Extract  
Malt Syrup  
Malt Flavoring  
Malt Vinegar  
Macha Wheat (*Triticum aestivum*)  
Matzo Semolina  
Mir  
Oriental Wheat (*Triticum turanicum*)  
Pasta  
Pearl Barley  
Persian Wheat (*Triticum carthlicum*)  
Poulard Wheat (*Triticum turgidum*)  
Polish Wheat (*Triticum polonicum*)  
Rice Malt (if barley or Koji are used)  
Rye  
Seitan  
Semolina  
Semolina Triticum  
Shot Wheat (*Triticum aestivum*)  
Small Spelt  
Spirits (Specific Types)  
Spelt (*Triticum spelta*)  
Sprouted Wheat or Barley  
Stearyltrimoniumhydroxypropyl Hydrolyzed Wheat Protein  
Strong Flour  
Suet in Packets  
Tabbouleh  
Teriyaki Sauce  
Textured Vegetable Protein – TVP  
Timopheevi Wheat (*Triticum timopheevii*)  
Triticale X *triticosecale*  
Triticum Vulgare (Wheat) Flour Lipids  
Triticum Vulgare (Wheat) Germ Extract  
Triticum Vulgare (Wheat) Germ Oil  
Udon (wheat noodles)  
Unbleached Flour  
Vavilovi Wheat (*Triticum aestivum*)  
Vegetable Starch



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Wheat, Abyssinian Hard triticum durum  
Wheat Amino Acids  
Wheat Bran Extract  
Wheat, Bulgur  
Wheat Durum Triticum  
Wheat Germ Extract  
Wheat Germ Glycerides  
Wheat Germ Oil  
Wheat Germamidopropylidimonium Hydroxypropyl Hydrolyzed Wheat Protein  
Wheat Grass (can contain seeds)  
Wheat Nuts  
Wheat Protein  
Wheat Triticum aestivum  
Wheat Triticum Monococcum  
Wheat (Triticum Vulgare) Bran Extract  
Whole-Meal Flour  
Wild Einkorn (Triticum boeotictim)  
Wild Emmer (Triticum dicoccoides)

Of Note:

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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<sup>4</sup>  
Caramel Color<sup>1, 3</sup>  
Coloring<sup>4</sup>  
Dextrins<sup>1,7</sup>  
Flavoring<sup>6</sup>  
Food Starch<sup>1, 4</sup>  
Glucose Syrup<sup>4</sup>  
Gravy Cubes<sup>4</sup>  
Ground Spices<sup>4</sup>  
Maltodextrin<sup>1, 8</sup>  
Maltose<sup>4</sup>  
Miso<sup>4</sup>  
Modified Food Starch<sup>1, 4</sup> Modified Starch<sup>1, 4</sup>  
Monosodium Glutimate (MSG)<sup>1, 4</sup>  
Mustard Powder <sup>4</sup>  
Natural Flavoring<sup>6</sup>  
Shoyu (soy sauce)<sup>4</sup>



Smoke Flavoring<sup>4</sup>  
Soba Noodles<sup>4</sup>  
Soy Sauce<sup>4</sup>  
Starch<sup>1, 4</sup>  
Stock Cubes<sup>4</sup>  
Vitamins<sup>4</sup>  
Wheat Starch<sup>5</sup>

\* 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



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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.

#### Additional Things to Beware of to Maintain a 100% Gluten-Free Diet:

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- \* Rice and soy beverages (i.e., Rice Dream), because their production process utilizes barley enzymes.
- \* Bad advice from health food store employees (i.e., that spelt and/or kamut is/are safe for celiacs).
- \* Cross-contamination between food store bins selling raw flours and grains (usually via the scoops).
- \* Wheat-bread crumbs in butter, jams, toaster, counter, etc.
- \* Lotions, creams and cosmetics (primarily for those with dermatitis herpetaformis).
- \* Stamps, envelopes or other gummed labels.
- \* Toothpaste and mouthwash.
- \* Medicines: many contain gluten.
- \* Cereals: most contain malt flavoring, or some other non-GF ingredient.
- \* Some brands of rice paper.
- \* Sauce mixes and sauces (soy sauce, fish sauce, catsup, mustard, mayonnaise, etc.).
- \* Ice cream.
- \* Packet & canned soups.
- \* Dried meals and gravy mixes.
- \* Laxatives.
- \* Grilled restaurant food – gluten contaminated grill.
- \* Fried restaurant foods – gluten contaminated grease.
- \* Ground spices – wheat flour is sometimes used to prevent clumping.