



## Unsafe (Forbidden) Gluten Foods and Ingredients

**Date:** 2-3-14

**Objective:** This list focuses on foods that have unsafe gluten ingredients within the USA and Canada

**From:** Celiac.com

**Important:** We provide this list to bring you awareness. This list is for people that are sick and tired of being sick and tired. This is for the people who want to *Feel Good and Enjoy Life!* It's a lifestyle change that we want to walk with you during your journey to feeling good. So, if you are ready to change, eliminate these foods from your diet. I know you will notice an amazing change. Some you will notice right away and some over a short period of time.

### Unsafe gluten foods and Ingredients List:

Abyssinian Hard (Wheat triticum durum)  
Alcohol (Spirits - Specific Types)  
Atta Flour  
Barley Grass (can contain seeds)  
Barley Hordeum vulgare  
Barley Malt  
Beer (most contain barley or wheat)  
Bleached Flour  
Bran  
Bread Flour  
Brewer's Yeast  
Brown Flour  
Bulgur (Bulgar Wheat/Nuts)  
Bulgur Wheat  
Cereal Binding  
Chilton  
Club Wheat (Triticum aestivum subspecies compactum)  
Common Wheat (Triticum aestivum)  
Cookie Crumbs  
Cookie Dough



Cookie Dough Pieces  
Couscous  
Criped Rice  
Dinkle (Spelt)  
Disodium Wheatgermamido Peg-2 Sulfosuccinate  
Durum wheat (Triticum durum)  
Edible Coatings  
Edible Films  
Edible Starch  
Einkorn (Triticum monococcum)  
Emmer (Triticum dicoccon)  
Enriched Bleached Flour  
Enriched Bleached Wheat Flour  
Enriched Flour  
Farina  
Farina Graham  
Farro  
Filler  
Flour (normally this is wheat)  
Fu (dried wheat gluten)  
Germ  
Graham Flour  
Granary Flour  
Groats (barley, wheat)  
Hard Wheat  
Heeng  
Hing  
Hordeum Vulgare Extract  
Hydroxypropyltrimonium Hydrolyzed Wheat Protein  
Kamut (Pasta wheat)  
Kecap Manis (Soy Sauce)  
Ketjap Manis (Soy Sauce)  
Kluski Pasta  
Maida (Indian wheat flour)  
Malt



Malted Barley Flour  
Malted Milk  
Malt Extract  
Malt Syrup  
Malt Flavoring  
Malt Vinegar  
Macha Wheat (*Triticum aestivum*)  
Matza  
Matzah  
Matzo  
Matzo Semolina  
Meripro 711  
Mir  
Nishasta  
Oriental Wheat (*Triticum turanicum*)  
Orzo Pasta  
Pasta  
Pearl Barley  
Persian Wheat (*Triticum carthlicum*)  
Perungayam  
Poulard Wheat (*Triticum turgidum*)  
Polish Wheat (*Triticum polonicum*)  
Rice Malt (if barley or Koji are used)  
Roux  
Rusk  
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

Tabouli

Teriyaki Sauce

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*)

Vital Wheat Gluten

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 Germamidopropyltrimonium 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*)



**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:**

Amp-Isostearoyl Hydrolyzed Wheat Protein<sup>4</sup>  
Artificial Color<sup>4</sup>  
Baking Powder<sup>4</sup>  
Clarifying Agents<sup>4</sup>  
Coloring<sup>4</sup>  
Dry Roasted Nuts<sup>4</sup>  
Emulsifiers<sup>4</sup>  
Enzymes<sup>4</sup>  
Fat Replacer<sup>4</sup>  
Gravy Cubes<sup>4</sup>  
Ground Spices<sup>4</sup>  
Hydrolyzed Wheat Gluten<sup>4</sup>  
Hydrolyzed Wheat Protein<sup>4</sup>  
Hydrolyzed Wheat Protein Pg-Propyl Silanetriol<sup>4</sup>  
Hydrolyzed Wheat Starch<sup>4</sup>  
Hydrogenated Starch Hydrolysate<sup>4</sup>  
Hydroxypropylated Starch<sup>4</sup>  
Miso<sup>4</sup>  
Natural Juices<sup>4</sup>  
Non-dairy Creamer<sup>4</sup>  
Pregelatinized Starch<sup>4</sup>  
Protein Hydrolysates<sup>4</sup>  
Seafood Analogs<sup>4</sup>  
Seasonings<sup>4</sup>  
Sirimi<sup>4</sup>  
Soba Noodles<sup>4</sup>  
Soy Sauce<sup>4</sup>  
Soy Sauce Solids<sup>4</sup>  
Sphingolipids<sup>4</sup>  
Stabilizers<sup>4</sup>  
Starch<sup>1, 4</sup>  
Stock Cubes<sup>4</sup>



Suet<sup>4</sup>

Tocopherols<sup>4</sup>

Vegetable Broth<sup>4</sup>

Vegetable Gum<sup>4</sup>

Vegetable Protein<sup>4</sup>

Vegetable Starch<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.
- 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.