



Safe Gluten Free Foods and Ingredients

Date: 8-29-13

Objective: This list focuses on safe gluten-free foods and ingredients within the USA and Canada

From: Celiac.com

Important: Check with your doctor before using any of these safe gluten free foods or ingredients to make sure they work with your dietary restrictions.

Very important to make sure the "Gluten Free symbol" certification.



is on the label to ensure its

(FYI There are variations of the symbol)

Safe Gluten Free foods and Ingredients List ~ if it meets your dietary requirements:

Acacia Gum
Acesulfame K
Acesulfame Potassium
Acetanisole
Acetophenone
Acorn Quercus
Adipic Acid
Adzuki Bean
Acacia Gum
Agar
Agave
Albumen
Alcohol (Distilled Spirits - Specific Types)
Alfalfa
Algae
Algin



Alginic Acid
Alginate
Alkalized Cocoa
Allicin
Almond Nut
Alpha-amylase
Alpha-lactalbumin
Aluminum
Amaranth
Ambergris
Ammonium Hydroxide
Ammonium Phosphate
Ammonium Sulphate
Amylose
Amylopectin
Annatto
Annatto Color
Apple Cider Vinegar
Arabic Gum
Arrowroot
Artichokes
Artificial Butter Flavor
Artificial Flavoring
Ascorbic Acid
Aspartame (can cause IBS symptoms)
Aspartic Acid
Aspic
Astragalus Gummifer
Autolyzed Yeast Extract
Avena Sativa (Oats³)
Avena Sativa Extract (from Oats³)
Avidin
Azodicarbonamide
Baking Soda
Balsamic Vinegar
Beeswax



Beans
Bean, Adzuki
Bean, Hyacinth
Bean, Lentil
Bean, Mung
Bean Romano (Chickpea)
Bean Tepary
Benzoic acid
Besan (Chickpea)
Beta Glucan (from Oats³)
Betaine
Beta Carotene
BHA
BHT
Bicarbonate of Soda
Biotin
Blue Cheese
Brown Sugar
Buckwheat
Butter (check additives)
Butylated Hydroxyanisole
Butyl Compounds
Calcium Acetate
Calcium Carbonate
Calcium Caseinate
Calcium Chloride
Calcium Disodium
Calcium Hydroxide
Calcium Lactate
Calcium Pantothenate
Calcium Phosphate
Calcium Propionate
Calcium Silicate
Calcium Sorbate
Calcium Stearoyl Lactylate
Calcium Stearate



Calcium Sulfate
Calrose
Camphor
Cane Sugar
Cane Vinegar
Canola (Rapeseed)
Canola Oil (Rapeseed Oil)
Caprylic Acid
Carageenan Chondrus Crispus
Carbonated Water
Carboxymethyl Cellulose
Caramel Color
Caramel Flavoring
Carmine
Carnauba Wax
Carob Bean
Carob Bean Gum
Carob Flour
Carrageenan
Casein
Cassava Manihot Esculenta
Castor Oil
Catalase
Cellulose¹
Cellulose Ether
Cellulose Gum
Cetyl Alcohol
Cetyl Stearyl Alcohol
Champagne Vinegar
Channa (Chickpea)
Chana Flour (Chickpea Flour)
Cheeses - (most, but check ingredients)
Chestnuts
Chickpea
Chlorella
Chocolate Liquor



Choline Chloride
Chromium Citrate
Chymosin
Citric Acid
Citrus Red No. 2
Cochineal
Cocoa
Cocoa Butter
Coconut
Coconut Vinegar
Collagen
Colloidal Silicon Dioxide
Confectioner's Glaze
Copernicia Cerifera
Copper Sulphate
Corn
Corn Gluten
Corn Masa Flour
Corn Meal
Corn Flour
Corn Starch
Corn Sugar
Corn Sugar Vinegar
Corn Syrup
Corn Syrup Solids
Corn Sweetener
Corn Vinegar
Corn Zein
Cortisone
Cotton Seed
Cotton Seed Oil
Cowitch
Cowpea
Cream of Tartar
Crospovidone
Curds



Cyanocobalamin
Cysteine, L
Dal (Lentils)
D-Alpha-tocopherol
Dasheen Flour (Taro)
Dates
D-Calcium Pantothenate
Delactosed Whey
Demineralized Whey
Desamidocollagen
Dextran
Dextrin
Dextrimaltose
Dextrose
Diglycerides
Diethyl Sodium
Diethyl Sodium Sulfosuccinate
Dipotassium Phosphate
Disodium Guanylate
Disodium Inosinate
Disodium Phosphate
Distilled Alcohols
Distilled Vinegar
Distilled White Vinegar
Dutch Processed Cocoa
EDTA (Ethylenediaminetetraacetic Acid)
Eggs
Egg Yolks
Elastin
Ester Gum
Ethyl Alcohol
Ethylenediaminetetraacetic Acid
Ethyl Maltol
Ethyl Vanillin
Expeller Pressed Canola Oil
FD&C Blue No. 1 Dye



FD&C Blue No. 1 Lake
FD&C Blue No. 2 Dye
FD&C Blue No. 2 Lake
FD&C Green No. 3 Dye
FD&C Green No. 3 Lake
FD&C Red No. 3 Dye
FD&C Red No. 40 Dye
FD&C Red No. 40 Lake
FD&C Yellow No. 5 Dye
FD&C Yellow No. 6 Dye
FD&C Yellow No. 6 Lake
Ferric Orthophosphate
Ferrous Gluconate
Ferrous Fumerate
Ferrous Lactate
Ferrous Sulfate
Fish (fresh)
Flaked Rice
Flax
Folacin
Folate
Flavoring
Flavoring Extracts
Folic Acid-Folacin
Food Starch
Food Starch Modified
Formaldehyde
Fructose
Fruit (including dried)
Fruit Vinegar
Fumaric Acid
Galactose
Garbanzo Beans
Gelatin
Glucoamylase
Gluconolactone



Glucose
Glucose Syrup
Glutamate (free)
Glutamic Acid
Glutamine (amino acid)
Glutinous Rice
Glutinous Rice Flour
Glycerides
Glycerin
Glycerol Monooleate
Glycol Monosterate
Glycol
Glycolic acid
Gram flour (chick peas)
Grape Skin Extract
Grits, Corn
Guar Gum
Gum Acacia
Gum Arabic
Gum Base
Gum Tragacanth
Hemp
Hemp Seeds
Herbs
Herb Vinegar
Hexanedioic Acid
High Fructose Corn Syrup
Hominy
Honey
Hops
Horseradish (Pure)
HPP
HVP
Hyacinth Bean
Hydrogen Peroxide
Hydrolyzed Caseinate



Hydrolyzed Meat Protein
Hydrolyzed Plant Protein
Hydrolyzed Protein
Hydrolyzed Soy Protein
Hydrolyzed Vegetable Protein
Hydroxypropyl Cellulose
Hydroxypropyl Methylcellulose
Hypromellose
Ilepe
Iodine
Inulin
Invert Sugar
Iron Ammonium Citrate
Isinglass
Isolated Soy Protein
Isomalt
Job's Tears
Jowar (Sorghum)
Karaya Gum
Kasha (roasted buckwheat)
Keratin
K-Carmine Color
K-Gelatin
Koshihikari (rice)
Kudzu
Kudzu Root Starch
Lactalbumin Phosphate
Lactase
Lactic Acid
Lactitol
Lactose
Lactulose
Lanolin
Lard
L-cysteine
Lecithin



Lemon Grass
Lentils
Licorice
Licorice Extract
Lipase
L-leucine
L-lysine
L-methionine
Locust Bean Gum
L-tryptophan
Magnesium Carbonate
Magnesium Hydroxide
Magnesium Oxide
Maize
Maize Waxy
Malic Acid
Maltitol
Maltodextrin (except in pharmaceuticals)
Maltol
Maltose
Manganese Sulfate
Manioc
Masa
Masa Flour
Masa Harina
Meat (fresh)
Medium Chain Triglycerides
Menhaden Oil
Methyl Cellulose²
Microcrystalline Cellulose
Micro-particulated Egg White Protein
Milk
Milk Protein Isolate
Millet
Milo (Sorghum)
Mineral Oil



Mineral Salts
Mixed Tocopherols
Modified Food Starch
Modified Starch
Modified food Starch
Molybdenum Amino Acid Chelate
Monocalcium Phosphate
Monoglycerides
Mono and Diglycerides
Monopotassium Phosphate
Monosaccharides
Monosodium Glutamate (MSG)
Monostearates
MSG
Mung Bean
Musk
Mustard Flour
Myristic Acid
Natural Flavoring
Natural Flavors
Natural Smoke Flavor
Niacin-Niacinamide
Neotame
Niacin
Niacinamide
Nitrates
Nitrous Oxide
Non-fat Milk
Nuts (except wheat, rye & barley)
Nut, Acron
Nut, Almond
Oats³
Oils and Fats
Oleic Acid
Oleoresin
Olestra



Oleyl Alcohol/Oil
Orange B
Oryzanol
Palmitic Acid
Pantothenic Acid
Papain
Paprika
Paraffin
Partially Hydrogenated Cottonseed Oil
Partially Hydrogenated Soybean Oil
Peas
Pea - Chick
Pea - Cow
Pea Flour
Pea Starch
Peanuts
Peanut Flour
Pectin
Pectinase
Peppermint Oil
Peppers
Pepsin
Peru Balsam
Petrolatum
PGPR (Polyglycerol Polyricinoleate)
Phenylalanine
Phosphoric Acid
Phosphoric Glycol
Pigeon Peas
Polenta
Polydextrose
Polyethylene Glycol
Polyglycerol
Polyglycerol Polyricinoleate (PGPR)
Polysorbates
Polysorbate 60



Polysorbate 80
Potassium Benzoate
Potassium Caseinate
Potassium Citrate
Potassium Iodide
Potassium Lactate
Potassium Matabisulphite
Potassium Sorbate
Potatoes
Potato Flour
Potato Starch
Povidone
Prinus
Pristane
Propolis
Propylene Glycol
Propylene Glycol Monosterate
Propyl Gallate
Protease
Psyllium
Pyridoxine Hydrochloride
Quinoa
Ragi
Raisin Vinegar
Rape
Recaldent
Reduced Iron
Rennet
Rennet Casein
Resinous Glaze
Reticulin
Riboflavin
Rice
Rice (Enriched)
Rice Flour
Rice Starch



Rice Syrup
Rice Vinegar
Ricinoleic Acid
Romano Bean (chickpea)
Rosematta
Rosin
Royal Jelly
Saccharin
Saffron
Sago
Sago Palm
Sago Flour
Sago Starch
Saifun (bean threads)
Salt
Seaweed
Seeds (except wheat, rye & barley)
Seed - Sesame
Seed - Sunflower
Shea
Sherry Vinegar
Silicon Dioxide
Smoke Flavoring
Soba (be sure its 100% buckwheat)
Sodium Acid Pyrophosphate
Sodium Acetate
Sodium Alginate
Sodium Ascorbate
Sodium Benzoate
Sodium Caseinate
Sodium Citrate
Sodium Erythroate
Sodium Hexametaphosphate
Sodium Lactate
Sodium Lauryl Sulfate
Sodium Metabisulphite



Sodium Nitrate
Sodium Phosphate
Sodium Polyphosphate
Sodium Silico Aluminate
Sodium Stearoyl Lactylate
Sodium Sulphite
Sodium Stannate
Sodium Tripolyphosphate
Sorbic Acid
Sorbitan Monostearate
Sorbitol-Mannitol (can cause IBS symptoms)
Sorghum
Sorghum Flour
Soy
Soybean
Soy Lecithin
Soy Protein
Soy Protein Isolate
Spices (pure)
Spirits (Specific Types)
Spirit Vinegar
Starch (the single word ingredient is, by law, cornstarch)
Stearates
Stearamide
Stearamine
Stearic Acid
Stearyl Lactate
Stevia
Subflower Seed
Succotash (corn and beans)
Sucralose
Sucrose
Sulfosuccinate
Sulfites
Sulfur Dioxide
Sweet Chestnut Flour



Tagatose
Tallow
Tapioca
Tapioca Flour
Tapioca Starch
Tara Gum
Taro
Tarro
Tarrow Root
Tartaric Acid
Tartrazine
TBHQ is Tetra or Tributylhydroquinone
Tea
Tea-Tree Oil
Teff
Teff Flour
Tepary Bean
Textured Vegetable Protein
Thiamin Hydrochloride
Thiamine Mononitrate
Thiamine Hydrochloride
Titanium Dioxide
Tofu (Soy Curd)
Tolu Balsam
Torula Yeast
Tragacanth
Tragacanth Gum
Triacetin
Tricalcium Phosphate
Tri-Calcium Phosphate
Trypsin
Turmeric (Kurkuma)
TVP
Tyrosine
Urad/Urid Beans
Urad/Urid Dal (peas) Vegetables



Urad/Urid flour
Urd
Vinegar (All except Malt)
Vanilla Extract
Vanilla Flavoring
Vanillin
Vinegars (Specific Types - Except Malt Vinegar)
Vitamin A (retinol)
Vitamin A Palmitate
Vitamin B1
Vitamin B-12
Vitamin B2
Vitamin B6
Vitamin D
Vitamin E Acetate
Waxy Maize
Whey
Whey Protein Concentrate
Whey Protein Isolate
White Vinegar
Wines
Wine Vinegars (& Balsamic)
Wild Rice
Xanthan Gum
Xylitol
Yam Flour
Yeast (except brewer's yeast)
Yogurt (plain, unflavored)
Zinc Oxide
Zinc Sulfate

- 1) Cellulose is a carbohydrate polymer of D-glucose. It is the structural material of plants, such as wood in trees. It contains no gluten protein.
- 2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in rice-based breads, etc.



- 3) Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also have an additional, unrelated intolerance to them. Cross contamination with wheat is also a factor that you need to consider before choosing to include oats in your diet.

Disclaimer:

Statements made here have not been evaluated by the Food and Drug Administration. They are not intended to diagnose, treat, cure, or prevent any disease.

Recommendations and recipes are not intended as a substitute for appropriate medical care.

If you have a medical condition or disease, please talk to your doctor prior to preparing the recipes or using the products recommended here.

This site is not affiliated with a medical doctor and nothing here should be construed as medical advice. If you have a health concern or symptom, please consult a physician immediately.

Testimonial stories are not intended as a substitute for proper medical care or advice.

Nutritional Information is only as accurate as the information provided by the manufacturers. We suggest doing additional research to make sure your choices are suitable for you.