



Unsafe (Forbidden) Gluten Foods and Ingredients

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 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 boeoticum), 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 Protein⁴
Artificial Color⁴
Baking Powder⁴
Clarifying Agents⁴
Coloring⁴
Dry Roasted Nuts⁴
Emulsifiers⁴
Enzymes⁴
Fat Replacer⁴
Gravy Cubes⁴
Ground Spices⁴
Hydrolyzed Wheat Gluten⁴



Hydrolyzed Wheat Protein⁴
Hydrolyzed Wheat Protein Pg-Propyl Silanetriol⁴
Hydrolyzed Wheat Starch⁴
Hydrogenated Starch Hydrolysate⁴
Hydroxypropylated Starch⁴
Miso⁴
Natural Juices⁴
Non-dairy Creamer⁴
Pregelatinized Starch⁴
Protein Hydrolysates⁴
Seafood Analogs⁴
Seasonings⁴
Sirimi⁴
Soba Noodles⁴
Soy Sauce⁴
Soy Sauce Solids⁴
Sphingolipids⁴
Stabilizers⁴
Starch^{1, 4}
Stock Cubes⁴
Suet⁴
Tocopherols⁴
Vegetable Broth⁴
Vegetable Gum⁴
Vegetable Protein⁴
Vegetable Starch⁴
Vitamins⁴
Wheat Starch⁵

- 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.