

# Ingredients to **AVOID** while **GLUTEN-FREE**

This list includes ingredients you definitely need to avoid while gluten-free and ingredients that *may* be derived or processed with gluten (\*). On products with \*, check for gluten-free labeling or call the company.



- Artificial Flavors\*
- Avenin (oat protein)\*
- Barley
- Brewer's Yeast
- Bulgur
- Caramel Color\*, Color\*, Colorings\*
- Dextrin (starch, may be gluten-based)\*
- Dinkel
- Durum
- Einkorn Wheat
- Emmer
- Farina
- Farro, Faro
- Flavorings\*
- Graham
- Hydrolyzed vegetable protein (may be wheat-based)\*
- Hydrolyzed wheat protein
- Kamut (Khorasan Wheat)
- Malt, malt extract, malt flavoring, malt syrup
- Matzo, matzo meal
- Modified wheat starch
- Modified starch\*
- MSG (monosodium glutamate)\*
- Natural Flavors\*
- Oats\*, oat bran\*, oat flour\*
- Rye
- Seitan
- Semolina
- Spelt
- Starch
- Triticale
- Triticum Vulgare
- Wheat germ oil
- Wheat, wheat starch, wheat gluten
- Wheatberries
- Yeast Extract\*

### Less common Ingredients:

- Atta (chapati flour)
- Fu (ingredient in some asian dishes)
- Hordein (barley protein)
- Miller's Bran (unprocessed wheat bran)

Highlight ingredients you usually forget or are unfamiliar with to make this list more manageable!



A note on **Maltodextrin**: while sometimes derived from wheat, this ingredient is generally considered safe for celiac and gluten-sensitive people due to extensive processing. Personally, I only eat products with Maltodextrin on occasion without calling the manufacturer to clarify. My body is highly sensitive to trace amounts of gluten.

