

## Gluten Containing Ingredients

Alcohol (Spirits - Specific Types)	Malt Flavoring
Amp-Isostearoyl Hydrolyzed Wheat Protein	Malt Vinegar
Barley Grass	Matzo
Barley Hordeum vulgare	Matzo Semolina
Barley Malt	Meringue
Beer (most contain barley or wheat)	Orzo
Bleached Flour	Pasta
Bran	Pearl Barley
Bread Flour	Rice Malt (if barley or Koji are used)
Brewer's Yeast	Roux
Bulgur (Bulgar Wheat/Nuts)	Rye
Bulgur Wheat	Seitan
Cereal Binding	Semolina
Cookie Crumbs	Soy Sauce
Cookie Dough	Spelt (Triticum spelta)
Cookie Dough Pieces	Sprouted Wheat or Barley
Couscous	Stearyldimoniumhydroxypropyl Hydrolyzed
Disodium Wheatgermamido Peg-2	Wheat Protein
Sulfosuccinate	Tabbouleh
Durum wheat (Triticum durum)	Tabouli
Edible Coatings	Teriyaki Sauce
Edible Films	Wheat (Triticum timopheevii)
Edible Starch	Triticale X triticosecale
Enriched Bleached Flour	Triticum Vulgare (Wheat) Germ Oil
Enriched Bleached Wheat Flour	Udon (wheat noodles)
Enriched Flour	Unbleached Flour
Farina	Vital Wheat Gluten
Farro	Wheat, Abyssinian Hard triticum durum
Filler	Wheat amino acids
Flour (normally this is wheat)	Wheat Bran Extract
Germ	Wheat, Bulgur
Graham Flour	Wheat Durum Triticum
Groats (barley, wheat)	Wheat Germ Extract
Hard Wheat	Wheat Germ Glycerides
Hydrolyzed Wheat Gluten	Wheat Germ Oil
Hydrolyzed Wheat Protein	Wheat Germamidopropylidimonium
Hydrolyzed Wheat Starch	Hydroxypropyl Hydrolyzed Wheat Protein
Hydroxypropyltrimonium Hydrolyzed	Wheat Grass (can contain seeds)
Wheat Protein	Wheat Protein
Kamut (Pasta wheat)	Wheat Triticum
Maida (Indian wheat flour)	Wheat (Triticum Vulgare) Bran Extract
Malt	
Malted Barley Flour	
Malted Milk	
Malt Extract	
Malt Syrup	



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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  
Baking Powder  
Caramel Color  
Caramel Flavoring  
Clarifying Agents  
Coloring  
Dextrins  
Dextrimaltose  
Dry Roasted Nuts  
Emulsifiers  
Fat Replacer  
Flavoring  
Food Starch  
Food Starch Modified  
Glucose Syrup  
Gravy Cubes  
Ground Spices  
HPP  
HVP  
Hydrolyzed Plant Protein  
Hydrolyzed Protein  
Hydrolyzed Vegetable Protein  
Hydrogenated Starch Hydrolysate  
Hydroxypropylated Starch  
Maltose  
Miso  
Mixed Tocopherols  
Modified Food Starch  
Modified Starch  
Natural Flavoring  
Natural Flavors  
Natural Juices  
Non-dairy Creamer  
Pregelatinized Starch  
Protein Hydrolysates  
Seafood Analogs

Seasonings  
Smoke Flavoring  
Soba Noodles  
Soy Sauce  
Soy Sauce Solids  
Sphingolipids  
Stabilizers  
Starch  
Stock Cubes  
Suet  
Tocopherols  
Vegetable Broth  
Vegetable Gum  
Vegetable Protein  
Vegetable Starch  
Vitamins  
Wheat Starch



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