Gluten Containing Ingredients

Barley	Faro	Seitan
Barley Malt	Graham	Semolina
Bran	Kamut	Spelt
Brewer's Yeast	Malt	Triticale
Bulgur	Matzo	Udon
Couscous	Oats	Wheat
Durum	Orzo	Wheat Bran
Farina	Rye	Wheat Germ

Gluten-Free Foods

Amaranth
Arrowroot
Bean
Buckwheat
Chickpea
Corn
Flax
Millet
Nuts
Potato
Quinoa
Rice
Sorghum
Soy
Tapioca
Teff