

# HIDDEN GLUTEN INGREDIENTS

- Artificial Color\*
- Avenin
- Barley
- Barley Grass
- Brewer's Yeast
- Bulgur (Cracked Wheat)
- Caramel Coloring\*
- Couscous
- Dextrin\*
- Durum Wheat/Flour
- Einkorn
- Emmer
- Farina
- Farro
- Flavoring\* (Artificial, Natural)
- Gliadin Wheat
- Graham Flour
- Hordein
- Hydrolyzed Vegetable Protein\*
- KAMUT® Khorasan Wheat
- Malt\*
- Miller's Bran
- Millet\*
- MSG (Monosodium Glutamate)
- Oats\* (unless labeled GF)
- Pumpernickel
- Rye
- Secalin
- Seitan\*
- Semolina
- Spelt
- Starch\* (any, including Modified Food Starch)
- Tabbouleh
- Tempura
- Tritic\_\_\_\_ (e.g., Triticale, Triticum Vulgare)
- Wheat
- Wheatgrass
- Wheat Starch

*\*Some of these ingredients may be derived from something other than gluten. See page 2 for further explanation.*

*-Note: This list is for informational purposes only, and should not be solely relied on. Ingredients continually change and processing varies, which means a product that was once safe may not be later on. Prior to consumption of any food product, always check with the manufacturer if an ingredient label is not clear. Be sure to always research and understand ingredients you come across, even if they are not found on this list.*

# MANUFACTURER CLARIFICATION NEEDED

## FOR HIDDEN GLUTEN INGREDIENTS

For a complete list of hidden gluten ingredients, see page 1.

- **Artificial Color:** Dyes are typically gluten-free, however, they do sometimes contain small amounts of gluten due to the way they are processed (shared lines with gluten or airborne gluten in the facility).
- **Caramel Coloring:** Although it's not as common as it was years ago, caramel coloring sometimes has hidden gluten in it, especially outside of the United States. Various soda drinks, processed meat, some candy, and other foods often contain caramel coloring.
- **Dextrin:** Could be from any grain, including wheat.
- **Flavoring (Artificial or Natural):** "Flavoring" is typically made from malted barley (even in deli meat!). In various cases, though, flavoring can be dairy, corn, sesame seed, or other ingredients. This one is tough when calling companies, as some are unaware.
- **Hydrolyzed Vegetable Protein:** A flavor enhancer that is derived from either wheat, soy, or corn.
- **Malt:** Avoid malt in any form (e.g. malted milk, malt extract, malt vinegar, malt syrup, etc.). Don't get confused with the difference between malt and maltodextrin. Malt is barley or another grain. Maltodextrin is a carbohydrate that is used as a food additive. Maltodextrin is usually made from corn. When it's made from gluten, though, it's typically okay because the gluten is highly processed, so the gluten protein is removed. Some people say they react to maltodextrin regardless. Everyone's body is different.
- **Millet:** It can be gluten-contaminated during processing, but not usually in the United States.
- **MSG (Monosodium Glutamate):** It is very unlikely that this has gluten in it, however, it's still one that you would want to call the company to ensure it's safe.
- **Oats:** Most oats are grown near and/or produced in the same place as wheat, barley, and rye--which makes them unsafe due to cross-contamination.  
**Little Tidbit:** It is recommended to even avoid the gluten-free oats the first year of going gluten free! Oats are hard on the gut, and avoiding them entirely can speed up the process of healing.
- **Seitan:** Meat substitutes are usually made with seitan, such as vegetarian burgers, vegetarian sausage, imitation bacon, and imitation seafood.
- **Starch:** Could be from any grain, including wheat.