



the nutrition school

Foods That Contain Gluten

Going gluten free? Here is quick list of foods to avoid when going gluten free. Be sure to read the ingredient list and/or call food manufacturers if you have any questions!

GRAINS & GRAIN PRODUCTS

- Barley
- Biscuits
- Bread
- Bread crumbs
- Bulgur
- Cereal
- Couscous
- Crackers
- Durum (type of wheat)
- English muffins
- Farina (cream of wheat)
- Farro/Faro (also known as spelt or dinkel)
- Flour
- Graham flour
- Kamut (a type of wheat)
- Matzo, matzo meal
- Oats (Oatmeal, oat bran, oat flour, and whole oats) UNLESS they are from pure, uncontaminated oats or marked gluten free
- Pancakes
- Pasta
- Rye - bread and flour
- Semolina
- Triticale - a hybrid of wheat and rye
- Waffles
- Wheat (bran, flour, starch, germ, modified wheat starch)

DESSERTS & SWEETS

- Brownies
- Cakes

- Cookies
- Ice cream varieties - cookie dough, brownie, etc
- Ice cream cones
- Licorice
- Pies (filling and crust)
- Puddings
- Some chocolates and chocolate bars

CONDIMENTS AND SAUCES

- Cheese sauces (made with a flour base)
- Malt vinegar
- Salad dressings
- Sauces, marinades, gravies
- Seasonings
- Soy sauce
- Rues (flour and butter based sauces)
- Worcestershire sauce

BEVERAGES

- Beer, ale, lager
- Instant coffee flavored beverages
- Flavored coffees and teas

OTHER FOODS

- Canned soup, soup mixes, broth, soup bases
- Communion wafers
- Creamed, scalloped, canned in sauce vegetables
- Imitation bacon bits
- Imitation seafoods (crab found in sushi rolls)
- Medications (check with your pharmacist)
- Processed foods
- Sausages, hot dogs, deli meats
- Seitan (a meat-like food derived from wheat gluten used in many vegetarian dishes)

ADDITIVES

- Alcohol based flavoring extracts (non pure vanilla extract)
- Brown rice syrup
- Hydrolyzed plant protein (HPP)
- Hydrolyzed vegetable protein (HVP)
- Hydrolyzed wheat protein (HWP)
- Malt, malt extract, malt syrup, and malt flavoring
- Malted milk
- Modified wheat starch

The following foods are usually gluten free, but it should still say gluten free on the package. Do your due diligence and double check to be sure by reading the ingredient list.

FOODS THAT ARE GENERALLY GLUTEN FREE

- Amaranth
- Arrowroot
- Beans
- Buckwheat
- Corn/cornmeal
- Dairy (most varieties)
- Eggs
- Flax/flaxmeal
- Fruit
- Gluten free flours
- Hominy (corn)
- Meat
- Millet
- Nuts
- Quinoa
- Rice
- Seeds
- Sorghum
- Soy
- Tapioca
- Teff
- Vegetables