



Gluten Food Category Breakdowns

Grains are used in the processing of many ingredients, so it will be necessary to seek out hidden gluten. The following terms found in food labels may mean that there is gluten in the product.

- ~ **Hydrolyzed Vegetable Protein (HVP)**, unless made from soy or corn
- ~ **Vegetable Protein**, unless made from soy or corn
- ~ **Flour or Cereal products**, unless made with pure rice flour, corn flour, potato flour or soy flour
- ~ **Malt or Malt Flavoring**, unless derived from corn
- ~ **Modified Starch or Modified Food Starch**, unless arrowroot, corn, potato, tapioca, waxy maize or maize is used
- ~ **Soy Sauce or Soy Sauce Solids**, unless you know they do not contain wheat
- ~ **Vegetable Gum**, unless made from carob bean, locust bean, cellulose, guar, gum arabic, gum aracia, gum tragacanth, xantham or vegetable starch

Any of the following words on food labels often mean that a grain containing gluten has been used.

Stabilizer

Starch Flavoring

Emulsifier

Hydrolyzed

Plant Protein

Read food labels carefully:

- ~ Do not eat anything that contains the following grains: **wheat, rye** and **barley**.
- ~ At one time, **oats** were thought to contain some gluten. It has now become apparent, however, that oats frequently were processed in machines that also processed wheat. Most manufacturers no longer do this, although if there are any questions, a person should get reassurance from the manufacturer by mail, email or phone.
- ~ **Distilled white vinegar** does not contain gluten. But **Malt vinegar** does contain gluten.

THE FOLLOWING PAGES LIST TYPICAL FOOD ITEMS AND WHETHER THEY MAY OR MAY NOT CONTAIN GLUTEN

Beverages

NO Gluten	MAY Contain Gluten	DOES Contain Gluten
Tea, carbonated beverages (except root beer), fruit juices, mineral and carbonated waters, wines, instant or ground coffee	Cocoa mixes, root beer, chocolate drinks, nutritional supplements, beverage mixes	Postum™, Ovaltine™, malt-containing drinks, cocomalt, beer, ale

Breads and Grains

NO Gluten	MAY Contain Gluten	DOES Contain Gluten
Cream of rice; cornmeal; hominy; rice; wild rice; gluten-free noodles; rice wafers; pure corn tortillas; specially prepared breads made with corn, rice, potato, soybean, tapioca, arrowroot, carob, buckwheat, millet, amaranth and quinoa flour	Packaged rice mixes, cornbread, ready-to-eat cereals containing malt flavoring	Breads, buns, rolls, biscuits, muffins, crackers and cereals containing wheat, wheat germ, oats, barley, rye, bran, graham flour, malt; kasha; bulgur; Melba toast; matzo; bread crumbs; pastry; pizza dough; regular noodles, spaghetti, macaroni and other pasta; rusks; dumplings; zwieback; pretzels; prepared mixes for waffles and pancakes; bread stuffing or filling

Condiments

NO Gluten	MAY Contain Gluten	DOES Contain Gluten
Gluten-free soy sauce, distilled white vinegar, olives, pickles, relish, ketchup	Flavoring syrups (for pancakes or ice cream), mayonnaise, horseradish, salad dressings, tomato sauces, meat sauce, mustard, taco sauce, soy sauce, chip dips	

Fats and Oils

NO Gluten	MAY Contain Gluten	DOES Contain Gluten
Butter, margarine, vegetable oil, shortening, lard	Salad dressings, non-dairy creamers, mayonnaise	Gravy and cream sauces thickened with flour

Fruits

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Plain, fresh, frozen, canned or dried fruit; all fruit juices	Pie fillings, thickened or prepared fruit, fruit fillings	None

Meat or Meat Substitutes

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
100% meat (no grain additives); seafood; poultry (breaded with pure cornmeal, potato flour or rice flour); peanut butter; eggs; dried beans or peas; pork	Meat patties; canned meat; sausages; cold cuts; bologna; hot dogs; stew; hamburger; chili; commercial omelets, souffles, fondue; soy protein meat substitutes	Croquettes, breaded fish, chicken loaves made with bread or bread crumbs, breaded or floured meats, meatloaf, meatballs, pizza, ravioli, any meat or meat substitute, rye, barley, oats, gluten stabilizers

Milk and Milk Products

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Whole, low fat, skim, dry, evaporated or condensed milk; buttermilk; cream; whipping cream; Velveeta cheese food; American cheese; all aged cheese such as Cheddar, Swiss, Edam and Parmesan	Sour cream, commercial chocolate milk and drinks, non-dairy creamers, all other cheese products, yogurt	Malted drinks

Seasonings

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Salt, pepper, herbs, flavored extracts, food coloring, cloves, ginger, nutmeg, cinnamon, bicarbonate of soda, baking powder, cream of tartar, monosodium glutamate	Curry powder, seasoning mixes, meat extracts	Synthetic pepper, brewer's yeast (unless prepared with a sugar molasses base), yeast extract (contains barley)

Snacks and Desserts

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Brown and white sugar, rennet, fruit whips, gelatin, jelly, jam, honey, molasses, pure cocoa, fruit ice, carob	Custards, puddings, ice cream, ices, sherbet, pie fillings, candies, chocolate, chewing gum, cocoa, potato chips, popcorn, battered/coated/breaded snacks	Cakes, cookies, doughnuts, pastries, dumplings, ice cream cones, pies, prepared cake and cookie mixes, pretzels, bread pudding

Soups

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Those made with allowed ingredients	Commercially prepared soups, broths, soup mixes, boullion cubes	Soups thickened with wheat flour or gluten-containing grains; soup containing barley, pasta or noodles

Thickening Agents

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Gelatin, arrowroot starch; corn flour germ or bran; potato flour; potato starch flour; rice bran and flour; rice polish; soy flour; tapioca, sago	Commercially prepared soups, broths, soup mixes, boullion cubes	Wheat starch; all flours containing wheat, oats, rye, malt, barley or graham flour; all-purpose flour; white flour; wheat flour; bran; cracker meal; durham flour; wheat germ

Vegetables

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Fresh, frozen or canned vegetables; white and sweet potatoes; yams	Vegetables with sauces, commercially prepared vegetables and salads, canned baked beans, pickles, marinated vegetables, commercially seasoned vegetables,	Creamed or breaded vegetables; those prepared with wheat, rye, oats, barley or gluten stabilizers