



Heidi Peterson, ND

4444 SW Corbett Ave., Portland, OR 97239

p: 503 224 2590 f: 503 224 2592 e: heidi@doctorheidi.com w: doctorheidi.com

GLUTEN-CONTAINING FOODS LIST

Abyssinian Hard (Wheat triticum durum)
Alcohol (Spirits - Specific Types)
Amp-Isostearoyl Hydrolyzed Wheat Protein
Barley Grass (can contain seeds)
Barley Hordeum vulgare
Barley Malt
Beer
Bleached Flour
Blue Cheese (made with bread)
Bran
Bread Flour
Brewers Yeast
Brown Flour
Bulgur (Bulgar Wheat/Nuts)
Bulgur Wheat
Cereal Binding
Chilton
Club Wheat (Triticum aestivum subspecies compactum)
Common Wheat (Triticum aestivum)
Couscous
Dextrimaltose
Disodium Wheatgermamido Peg-2 Sulfosuccinate
Durum wheat (Triticum durum)
Edible Starch
Einkorn (Triticum monococcum)
Emmer (Triticum dicoccon)
Farina
Farina Graham
Filler
Flour (normally this is wheat)
Fu (dried wheat gluten)
Germ
Graham Flour
Granary Flour
Groats (barley, wheat)
Hard Wheat
Hydrolyzed Wheat Gluten
Hydrolyzed Wheat Protein
Hydrolyzed Wheat Protein Pg-Propyl Silanetriol
Hydrolyzed Wheat Starch
Hydroxypropyltrimonium Hydrolyzed Wheat Protein
Kamut (Pasta wheat)
Malt
Malt Extract
Malt Syrup
Malt Flavoring
Malt Vinegar

Macha Wheat (Triticum aestivum)
Matzo Semolina
Mir
Oriental Wheat (Triticum turanicum)
Pasta
Pearl Barley
Persian Wheat (Triticum carthlicum)
Poulard Wheat (Triticum turgidum)
Polish Wheat (Triticum polonicum)
Rice Malt (if barley or Koji are used)
Rye
Seitan
Semolina
Semolina Triticum
Shot Wheat (Triticum aestivum)
Small Spelt
Spirits (Specific Types)
Spelt (Triticum spelta)
Sprouted Wheat or Barley
Stearylmoniumhydroxypropyl Hydrolyzed Wheat Protein
Strong Flour
Suet in Packets
Tabbouleh
Teriyaki Sauce
Textured Vegetable Protein - TVP
Timopheevi Wheat (Triticum timopheevii)
Triticale X triticosecale
Triticum Vulgare (Wheat) Flour Lipids
Triticum Vulgare (Wheat) Germ Extract
Triticum Vulgare (Wheat) Germ Oil
Udon (wheat noodles)
Unbleached Flour
Vavilovi Wheat (Triticum aestivum)
Vegetable Starch
Wheat, Abyssinian Hard triticum durum
Wheat Amino Acids
Wheat Bran Extract
Wheat, Bulgur
Wheat Durum Triticum
Wheat Germ Extract
Wheat Germ Glycerides
Wheat Germ Oil
Wheat Germamidopropylmonium Hydroxypropyl Hydrolyzed Wheat Protein
Wheat Grass (can contain seeds)
Wheat Nuts
Wheat Protein
Wheat Triticum aestivum
Wheat Triticum Monococcum
Wheat (Triticum Vulgare) Bran Extract
Whole-Meal Flour
Wild Einkorn (Triticum boeoticum)
Wild Emmer (Triticum dicoccoides)

Of Note:

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 Color⁴
Caramel Color^{1, 3}
Coloring⁴
Dextrins^{1,7}
Flavoring⁶
Food Starch^{1, 4}
Glucose Syrup⁴
Gravy Cubes⁴
Ground Spices⁴
Maltodextrin^{1, 8}
Maltose⁴
Miso⁴
Modified Food Starch^{1, 4} Modified Starch^{1, 4}
Monosodium Glutamate (MSG)^{1, 4}
Mustard Powder ⁴
Natural Flavoring⁶
Shoyu (soy sauce)⁴
Smoke Flavoring⁴
Soba Noodles⁴
Soy Sauce⁴
Starch^{1, 4}
Stock Cubes⁴
Vitamins⁴
Wheat Starch⁵

* 1) If this ingredient is made in North America it is likely to be gluten-free.

* 3) The problem with caramel color is it may or may not contain gluten depending on how it is manufactured. In the USA caramel color must conform with the FDA standard of identity from 21CFR CH.1. This statute says: the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: Dextrose (corn sugar), invert sugar, lactose (milk sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet). Also, acids, alkalis and salts are listed as additives which may be employed to assist the caramelization process.

* 4) Can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient.

* 5) Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, Codex Alimentarius Quality wheat starch is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in the USA or Canada.

* 6) According to 21 C.F.R. S 101,22(a)(3): [t]he terms natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof. Whose significant function in food is flavoring rather than nutritional.

* 7) Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin.

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(1) Federal Register (4-1-96 Edition) 21CFR Ch.1, Section 184.12277.

(2) Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

* 8) Maltodextrin is prepared as a white powder or concentrated solution by partial hydrolysis of corn starch or potato starch with safe and suitable acids and enzymes. (1) Maltodextrin, when listed on food sold in the USA, must be (per FDA regulation) made from corn or potato. This rule does NOT apply to vitamin or mineral supplements and medications. (2) Donald Kasarda Ph.D., a research chemist specializing on grain proteins, of the United States Department of Agriculture, found that all maltodextrins in the USA are made from corn starch, using enzymes that are NOT derived from wheat, rye, barley, or oats. On that basis he believes that celiacs need not be too concerned about maltodextrins, though he cautions that there is no guarantee that a manufacturer wont change their process to use wheat starch or a gluten-based enzyme in the future. (3) - May 1997 Sprue-Nik News

1. Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

2. Additives Alert, an information sheet from the Greater Philadelphia Celiac Support Group, updated early in 1997. This specific information comes from Nancy Patin Falini, the dietitian advisor for the group and a speaker at a national celiac conferences in the past few years.

3. From the CELLIAC Listserv archives, on the Internet, Donald D. Kasarda, posted November 6, 1996.

Additional Things to Beware of to Maintain a 100% Gluten-Free Diet:

- * Rice and soy beverages (i.e., Rice Dream), because their production process utilizes barley enzymes.
- * Bad advice from health food store employees (i.e., that spelt and/or kamut is/are safe for celiacs).
- * Cross-contamination between food store bins selling raw flours and grains (usually via the scoops).
- * Wheat-bread crumbs in butter, jams, toaster, counter, etc.
- * Lotions, creams and cosmetics (primarily for those with dermatitis herpetaformis).
- * Stamps, envelopes or other gummed labels.
- * Toothpaste and mouthwash.
- * Medicines: many contain gluten.
- * Cereals: most contain malt flavoring, or some other non-GF ingredient.
- * Some brands of rice paper.
- * Sauce mixes and sauces (soy sauce, fish sauce, catsup, mustard, mayonnaise, etc.).
- * Ice cream.
- * Packet & canned soups.
- * Dried meals and gravy mixes.
- * Laxatives.
- * Grilled restaurant food - gluten contaminated grill.
- * Fried restaurant foods - gluten contaminated grease.
- * Ground spices - wheat flour is sometimes used to prevent clumping.