

Food & Additives to Avoid

Alcohol (Often found in extracts or flavorings)
Artificial Color
Artificial Flavoring
Baking Powder
Barley Grass
Barley
Barley Malt
Bleached Flour
Blue Cheese (made with bread)
Bran
Bread Flour
Brewer's Yeast
Brown Flour
Bulgar Wheat or Nuts
Buttermilk (some contains modified food starch)
Bouillon Cubes & Prepackaged Broth
Calcium Caseinate (Contains MSG)
Cakes & Cake Mixes
Cake Flour
Candy (always check with manufacturer, often dusted with flour to prevent sticking)
Canola Oil (Canola is G.F. but can have a laxative effect in some individuals)
Caramel Color (some contains gluten, call manufacturers)
Cereal (most contain gluten)
Cereal Binders, Extracts, and Fillers (usually contain gluten, verify with manufacturer)
Cheese (shredded cheese is often dusted with flour to prevent sticking)
Chilton
Chocolate Syrup (read label)
Chorizo (most contain cereal fillers, check label)
Chow Main Noodles
Citric Acid
Cocoa (make sure you read label to make sure it is gluten free)
Coloring
Cookie Mixes
Couscous
Cracker Meal
Croutons
Dextrins
Distilled Vinegar (check with manufacturer)
Doughnuts
Durum
Durum Flour
Edible Starch
Einkorn Wheat
Farina Graham
Filler

Fish (some processed fish contains gluten. Ex. Gorton's Grilled Fish & Imitation Crab Meat)
Flavorings
Flavored Prepackaged Rice (check with manufacturer)
Flavored Prepackaged Pasta
Flavored Instant Coffee (check with manufacturer)
Flavored Instant Tea (check with manufacturer)
Flour Tortillas
Food Starch
Frozen Dinners
Fu (dried wheat gluten)
Gelatinized Starch (check with manufacturer)
Germ
Glutamate
Gluten Flour
Graham Flour
Granary Flour
Gravy & Gravy Mixes
Groats (barley, wheat)
Ground Spices (check with manufacturer. McCormick's and Frontier make G.F. Spices)
Guar Gum (this is gluten free, but has a laxative effect on some individuals)
Gum Base
Hamburger Patties (when purchasing or eating out make sure it contains no fillers)
Hard Wheat
Hydrolyzed Oat Starch (gluten free, but could have cross contamination)
Hydrolyzed Plant Protein (HPP)
Hydrolyzed Vegetable Protein (HVP)
High Protein Flour
Ice Cream (some contains gluten, check with manufacturer)
Ice Cream Cones
Inulin
Kamut (Pasta wheat)
Ketchup (contains vinegar, check with manufacturer)
Laxatives
Malt
Malt Extract
Malt Syrup
Malt Flavoring
Malt Vinegar
Mayonnaise (contains vinegar, check with manufacturer)
Marshmallows (check with manufacturer)
Marshmallow Creme (check with manufacturer)
Millet (gluten free but beware of cross contamination)
Miso
Matzo Semolina
Matzo Meal
Modified Food Starch (check with manufacturer)
Modified Starch (check with manufacturer)

Mono and Diglycerides
MSG (Made outside USA)
Muffins & Bread Mixes
Mustard Powder (check with manufacturer, Coleman's is not gluten free)
Natural Flavoring (check with manufacturer)
Non Stick Cooking Sprays. (some contain flour or grain alcohol. Pam & Wesson are G.F.)
Oats (oats are gluten free, beware of cross contamination)
Oat Bran (oats are gluten free, beware of cross contamination)
Oatmeal (oats are gluten free, beware of cross contamination)
Oatrim (oats are gluten free, beware of cross contamination)
Pancakes
Pasta
Pearl Barley
Pies (this includes the filling that is often thickened with flour)
Popovers
Pop Tarts
Powdered Sugar (contact manufacturer)
Pretzels
Potato Chips (the seasoning usually contains wheat. Contact manufacturer)
Prepackaged Mixes & Spice (example taco mix. McCormick taco mix is G.F)
Pudding (check with manufacturer. Kozy Shack is gluten free & very good)
Restaurant Grills & Fryers (be very careful of cross contamination)
Rice Malt (Usually contains barley or Koji, contact manufacturer)
Rice Syrup (contact manufacturer, some contains barley)
Rice Paper (contact manufacturer)
Rye
Sausage (most contain fillers, check with manufacturer)
Seitan
Semolina
Semolina Triticum
Shoyu (soy sauce, check with manufacturer)
Small Spelt
Soba Noodles
Soft Wheat
Sodium Caseinate (Contains MSG, check with manufacturer)
Soy Sauce (most contains wheat, try San-J wheat free Tamari)
Spelt
Sprouted Wheat or Barley
Starch (in the U.S starch is generally made from corn, contact manufacturer is unsure)
Steak Sauce (check with manufacturer)
Stock Cubes
Strong Flour
Suet
Taco Mixes (check with manufacturer)
Tabbouleh
Teriyaki Sauce
Textured Vegetable Protein - TVP

Triticale
Udon (wheat noodles)
Vanilla & other Extracts (contact manufacturer, could contain alcohol made from gluten)
Vegetable Starch (check with manufacturer usually contains gluten)
Vegetable Gum (check with manufacturer)
Vinegar (check with manufacturer)
Vitamins (check with manufacturer)
Wheat
Wheat Bran
Wheat Gum
Wheat Berries
Wheat Nuts
Wheat, Abyssinian Hard triticum durum
Wheat, Bulgur
Wheat Durum Triticum
Wheat Triticum mononocum
Wheat Starch
Wheat Germ
Wheat Grass
Whole-Meal Flour
Whole Wheat Flour
Waffles
Wieners (check with manufacturer, usually contains fillers)
Zwieback Cookies

I know this list is long and ugly and you think you will never get the hang of this, but when eating try to eat fresh fruits, fresh vegetables, meat, chicken and fish that has been baked, broiled or grilled without a batter or cream sauce. Eating out is the hardest; however, when you are home you can convert recipes and still enjoy your favorite foods, including Pizza, Hamburgers, Cookies and Cake. If you need help converting a recipe please contact us at clubceliac@yahoo.com

Good Luck,
Lucy Shriver