

gluten-free lifestyle

foods to avoid

NAMES OF GLUTEN:

- Barley
- Barley Malt
- Bulgar
- Couscous
- Cracked wheat
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Graham
- Kamut
- Matzo
- Malt
- Malted vinegar
- Mir
- Pumpernickel
- Rolled oats
- Rye
- Semolina
- Soy Sauce
- Spelt
- Triticale
- Wheat
- Wheat bran
- Wheatberries
- Wheat germ
- Wheat starch

TYPES OF FOOD THAT MAY CONTAIN GLUTEN (CHECK ALL LABELS):

- Battered fish
- Bread crumbs, and foods that contain them like meatloaf or frozen macaroni dinners
- Breaded meats
- Boxed potato and rice skillet
- Cereal
- Chewy candy
- Dressings
- Gravy
- Canned chili
- Cheesecake (wheat is used within many cheesecakes as a thickener and to help it set)
- Chicken patties (some grind meat with wheat as a filler)
- Chips with a flavored seasoning
- Crackers
- Creamed soups
- Frozen french fries
- Frozen hash browns
- Ice cream that contains dough or cake bits
- Licorice candy
- Noodles
- Tempura
- Teriyaki sauce
- Sausages and processed meats
- Seasoning packets
- Soy sauce (most soy sauce is made from 60-80% wheat, with very little soy, because wheat is cheaper. Tamari is 100% made from soy and is therefore gluten-free)