



# Gluten-Free

## *Safe and Unsafe Food Ingredients*

INGREDIENT	SAFE	UNSAFE	CHECK	COMMENTS
Artificial color	◆			
Artificial sweeteners Aspartame (Equal® or Nutrasweet®) Acesulfame-potassium (Sunett®, Sweet One®) Saccharin (Sweet 'N Low®, Sugar Twin®, Sweet 10®) Sucralose (Splenda®)	◆			
Artificial or natural flavoring	◆			It would be rare to find a natural or artificial flavoring containing gluten because hydrolyzed wheat protein cannot be hidden under the term "flavor," and barley malt extract or barley malt flavoring is almost always declared as "barley malt extract" or "barley malt flavoring".
Chicory	◆			Used as a flavoring or substitute drink for coffee.
Chili powder	◆			
Bacterial cultures (such as those put in yogurt, probiotics)	◆			
Baking powder			◆	Most brands contain cornstarch which is gluten-free; however, some brands may contain wheat starch. Check the ingredient list or contact the manufacturer.
Baking soda (bicarbonate of soda)	◆			
Barley Barley malt Barley malt extract Barley malt syrup Barley malt flavoring Malt flavoring		◆		Barley derivatives that contain gluten and are used as flavorings.
Caramel	◆			A brown coloring made by heating sugar.
Caramel color	◆			Can be made from gluten-free products (North American manufacturers mainly use corn), but even if caramel color is derived from wheat (Europe), it is highly processed and is considered gluten-free.
Casein	◆			Milk protein.
Chocolate	◆			Such as baking chocolate and chocolate chips. (Chocolate candies or chocolate bars may contain wheat flour, wheat starch, or barley malt or barley malt flavoring).



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Colors (for food) Amaranth Annatto Beta-carotene Carotene	◆			
Citric acid	◆			An organic acid obtained from yeast or bacterial fermentation of sugar derived from beet sugar, corn, molasses and rarely wheat. The manufacturing process renders it gluten-free.
Cocoa powder	◆			
Corn gluten	◆			The protein (known as zein prolamin) in corn does not have a toxic effect on the intestine for persons with celiac disease.
Corn bran	◆			
Curry powder	◆			A mixture of turmeric with spices that can include cardamom, cinnamon, cloves, coriander, cumin and fenugreek, and also mustard, chili and pepper. It sometimes contains chickpea flour which is gluten-free.
Curry paste			◆	A paste made from pulp of the tamarind pod, combined with a variety of spices. Some curry paste may contain wheat flour or wheat gluten. Check the ingredient list and/or contact the manufacturer.
Cream of tartar (tartaric acid)	◆			
Dextrin			◆	Dextrin is usually derived from the following gluten-free grains: corn, waxy maize, arrowroot, rice or tapioca. However, if it is made from wheat, then it is not allowed. If it is made from wheat, the label will read "Wheat Dextrin".
Dextrose	◆			A sugar derived from a variety of starches, including corn, potato or wheat. The manufacturing process renders it gluten-free.
Gelatin	◆			
Gums Acacia (gum arabic) Agar (agar-agar) Algin (alginic acid) Carageenan Carboxymethylcellulose (cellulose gum) Carob bean (locust bean) Guaiac gum Guar gum Karaya gum Methylcellulose Tagacanth gum Xanthan gum	◆			



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Glycerine (Glycerol)	◆			
Hydrolyzed vegetable protein (HVP) or hydrolyzed plant protein (HPP)			◆	A flavoring agent produced from soy, corn, peanut or wheat. If made from wheat, it is not gluten-free. By law, the source of the plant or vegetable needs to be stated; for example "Hydrolyzed Wheat Protein" or "Hydrolyzed Soy Protein." Check the ingredient list and/ or contact the manufacturer.
High vital gluten		◆		
Inulin	◆			A fiber usually obtained from chicory root (may see it on labels listed as chicory root or inulin). It is also considered to be a prebiotic, which encourages the growth of the "good" bacteria (probiotics). It also may be called Dhalin or Alant starch.
Ketchup	◆			Made from distilled vinegar
Lecithin	◆			Emulsifier oftentimes derived from soy.
Maltodextrin	◆			Can be derived from different starches such as corn, waxy maize, potato, rice or wheat. In North America, corn and waxy maize or potato are the most common sources. Wheat-based maltodextrin is used more frequently in Europe. Although maltodextrin may be derived from wheat, it is highly processed and purified and is rendered gluten-free.
Modified food starch			◆	It is usually derived from corn, rice, potato or tapioca starch which is gluten-free. There is no requirement for the identification of the name of the plant source of modified food starch. However, because of the Food Allergen Labeling and Consumer Protection Act, if wheat is being used, it will need to be labeled as "Modified Wheat Starch." Check the ingredient list and/or contact the manufacturer.
Molasses	◆			
Mono- and di-glycerides	◆			Emulsifiers derived from vegetable oils
Monosodium glutamate	◆			
Mustard (bran or flour)	◆			
Mustard (prepared)			◆	Plain prepared mustard is gluten-free, although some specialty mustards may contain wheat flour or starch. Check ingredient list and/or contact the manufacturer.
Mustard flour (prepared)			◆	A powder made of ground mustard seed, sugar, salt and spices. May also contain wheat flour or wheat starch, which are not gluten-free. Check the ingredient list and/or contact the manufacturer.



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Oat gum		◆		May be used in fat-free products and lipstick.
Pectin	◆			
Psyllium	◆			
Rennet	◆			
Rice malt	◆			
Starch			◆	"Starch" listed in the ingredients refers to corn in the United States. If other starches such as tapioca or wheat are being used, they must be declared. If the starch is wheat, then it is not gluten-free. Europe allows wheat starch as a gluten-free ingredient, but North America does not, due to varying levels of gluten.
Seasonings			◆	Individual herbs and spices do not contain gluten. However, a blend of spices and herbs may contain wheat flour or starch, which would not be gluten-free. If so, wheat will be in parentheses after the word spice. For example: Cajun spice (includes wheat).
Simplese®	◆			A fat substitute made from egg and milk proteins.
Stevia	◆			A natural sweetener obtained from the leaves of the plant called <i>Stevia rebaudiana</i> .
Soy sauce			◆	Some are fermented from wheat. Check the ingredient list and/or contact the manufacturer.
Sugars/Sweeteners Erythritol, Sorbitol, Xylitol, Maltitol, Mannitol, Isomalt Glucose, sucrose, fructose, lactose, sucrose, maltose White sugar, brown sugar, powdered sugar Invert sugar Corn syrup/solids Agave (agave nectar)	◆			
Tahini Paste	◆			Paste made from sesame seeds.
Tamarind	◆			A fruit from a tropical tree used to prepare seasonings and beverages in Oriental and Indian cuisine.
Turmeric	◆			A spice derived from the root of a plant in East India. It is used for coloring and flavoring. Known as Indian saffron or curcumin.
Vanilla Extract Flavoring Vanillin (artificial flavor)	◆			



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Vinegar Cider or Apple Distilled Balsamic Rice White Wine	◆			Although white vinegar may be derived from wheat, the distillation process renders white vinegar gluten-free.
Vinegar Malt		◆		Vinegar made from barley and other malted grains. The type of distillation process used for this vinegar causes it to still contain gluten, so it is not allowed.
Yeast Baker's Autolyzed Nutritional Torula	◆			
Yeast Brewer's		◆		
Wheat Wheat bran Wheat germ Wheat grass Wheat starch Wheat oil		◆		
Whey or whey powder	◆			
Worcestershire sauce			◆	May contain malt vinegar. Check the ingredient list and/or contact the manufacturer.