

Gluten-Containing Grains and their Derivatives:

- Wheat
- Varieties and derivatives of wheat such as:
- Wheatberries
- Durum
- Emmer
- Semolina
- Spelt
- Farina
- Farro
- Graham
- KAMUT® khorasan wheat
- Einkorn wheat
- Rye
- Barley
- Triticale
- Malt in various forms including: malted barley flour, malted milk or milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar
- Brewer's Yeast
- Wheat Starch that has not been processed to remove the presence of gluten to below 20ppm and adhere to the FDA Labeling Law

Common Foods That Contain Gluten:

- Pastas: raviolis, dumplings, couscous, and gnocchi
- Noodles: ramen, udon, soba (those made with only a percentage of buckwheat flour) chow mein, and egg noodles. (Note: rice noodles and mung bean noodles are gluten free)

- Breads and Pastries: croissants, pita, naan, bagels, flatbreads, cornbread, potato bread, muffins, donuts, rolls
- Crackers: pretzels, goldfish, graham crackers
- Baked Goods: cakes, cookies, pie crusts, brownies
- Cereal & Granola: corn flakes and rice puffs often contain malt extract/flavoring, granola often made with regular oats, not gluten-free oats
- Breakfast Foods: pancakes, waffles, french toast, crepes, and biscuits.
- Breeding & Coating Mixes: panko breadcrumbs
- Croutons: stuffings, dressings
- Sauces & Gravies (many use wheat flour as a thickener) traditional soy sauce, cream sauces made with a roux
- Flour tortillas
- Beer (unless explicitly gluten-free) and any malt beverages (see “Distilled Beverages and Vinegars” below for more information on alcoholic beverages)
- Brewer’s Yeast
- Anything else that uses “wheat flour” as an ingredient.

Foods That May Contain Gluten

These foods must be verified by reading the label or checking with the manufacturer/kitchen staff.

- Energy bars/granola bars – some bars may contain wheat as an ingredient, and most use oats that are not gluten-free
- French fries – be careful of batter containing wheat flour or cross-contact from fryers
- Potato chips – some potato chip seasonings may contain malt vinegar or wheat starch
- Processed lunch meats
- Candy and candy bars
- Soup – pay special attention to cream-based soups, which have flour as a thickener. Many soups also contain barley

- Multi-grain or “artisan” tortilla chips or tortillas that are not entirely corn-based may contain a wheat-based ingredient
- Salad dressings and marinades – may contain malt vinegar, soy sauce, flour
- Starch or dextrin if found on a meat or poultry product could be from any grain, including wheat
- Brown rice syrup – may be made with barley enzymes
- Meat substitutes made with seitan (wheat gluten) such as vegetarian burgers, vegetarian sausage, imitation bacon, imitation seafood (Note: tofu is gluten-free, but be cautious of soy sauce marinades and cross-contact when eating out, especially when the tofu is fried)
- Soy sauce (though tamari made without wheat is gluten-free)
- Self-basting poultry
- Pre-seasoned meats
- Cheesecake filling – some recipes include wheat flour
- Eggs served at restaurants – some restaurants put pancake batter in their scrambled eggs and omelets, but on their own, eggs are naturally gluten-free

Source: <https://celiac.org/gluten-free-living/what-is-gluten/sources-of-gluten/>