

# The Gluten List



## Basic Sources of Gluten

Foods that May Contain Gluten-Look for a Gluten-Free Label

Ingredients that Mean Gluten

Barley

Barley Malt

Beer

Blue Cheese

Bouillon

Bran

Bread

Breaded Items

Brewer's Yeast

Brown Rice Syrup

Bulgur

Candies

Canned or Frozen Items in Sauces or Gravy

Canned soup or Broth

Cereal Binding

Chicken Broth

Chilton

Communion Wafers

Corn Tortillas

Couscous

Disodium Wheatgermanido Peg-2

Durum

Edible Films  
Edible Starch  
Einkorn (triticum monococcum)  
Emmer (Tritium Dicocon)  
Extract  
Farina  
Faro  
Farro Filler  
Flavoured Coffee  
Flour (Normally Wheat)  
Frozen French Fries  
Fu  
Germ  
Gliadin  
Graham Flour  
Gravy  
Groats  
Ham, Glazed  
Heeing  
Hing  
Hordeum Vulgare Extract  
Hydrolyzed Wheat Protein  
Hydroxypropyl Hydrolyzed Wheat Protein  
Imitation Crab Meat  
Kamut  
Maida  
Malt  
Malt Vinegar  
Matza

Matzah  
Matzo

Matzo Semolina  
Meripro 711  
Mir

Modified Food Starch  
Nishasta

Nuts (Some are dusted with flour.)  
Marinades  
Oats  
Orzo  
Pasta  
Potato Chips  
Poultry Injected with Broth  
Processed Meats  
Roux

Rye

Salad Dressings  
Sauces  
Sausage  
Seasoned Rice Mixes  
Seasonings

Seitan  
Semolina  
Semolina Triticum

Spelt

Spice Mixes

Sprouted Wheat or Barley  
Stearyltrimoniumhydroxypropyl  
Strong Flour  
Suet in Packets

Sulfosuccinatae

Tabbouleh  
Tabouli

Teriyaki Sauces  
Udon

Triticale

Triticum Aestivum

Triticum Aestivum Subspecies Compactum

Tritium Timopheevii

Triticale X Triticosecale

Tritium Vulgare Flour Lipids

Triticum Vulgare Germ Extract

Triticum Vulgare Germ Oil

Vanilla Flavouring

Veggie Burgers

**Wheat**

Wheat Grass

Wheat Nuts

Whole Meal Flour

Yeast

*Cathy's*  
GLUTEN FREE

Sources: [celiac.com](http://celiac.com), [healthline.com](http://healthline.com), [gluten-free-diet-help.com](http://gluten-free-diet-help.com), [whatcontainsgluten.com](http://whatcontainsgluten.com), [mayoclinic.org](http://mayoclinic.org), [celiac.org](http://celiac.org), [drperlmutter.com](http://drperlmutter.com)

\*This list contains items and ingredients that do or may contain gluten. Cathy cannot guarantee that it contains every possible item that contains gluten in every language.