



Ingredients To Avoid For Gluten-Free Diets

Abyssinian Hard (Wheat triticum durum)	Kamut (pasta wheat)	Unbleached Flour
Amp-Isostearoyl Hydrolyzed Wheat Protein	Kecap Manis (Soy Sauce)	Vavilovi Wheat (Triticum aestivum)
Atta Flour	Kluski Pasta	Vital Wheat Gluten
Barley Grass (can contain seeds)	Maida (Indian wheat flour)	Wheat, Abyssinian Hard triticum durum
Barley Hordeum vulgare	Malt	Wheat amino acids
Barley Malt	Malted Barley Flour	Wheat Bran Extract
Beer (most contain barley or wheat)	Malted Milk	Wheat, Bulgur
Bleached Flour	Malt Extract	Wheat Durum Triticum
Bran	Malt Syrup	Wheat Germ Extract
Bread Flour	Malt Flavoring	Wheat Germ Glycerides
Brewer's Yeast	Malt Vinegar	Wheat Germ Oil
Brown Flour	Macha Wheat (Triticum aestivum)	Hydroxypropyl Hydrolyzed Wheat Protein
Bulgur (Bulgar Wheat/Nuts)	Matzah	Wheat Grass (can contain seeds)
Bulgur Wheat	Matzo	Wheat Nuts
Cereal Binding	Matzo Semolina	Wheat Protein
Chilton	Meringue	Wheat (Triticum Vulgare) Bran Extract
Club Wheat	Meripro 711	
Common Wheat (Triticum aestivum)	Mir	
Cookie Dough	Nishasta	
Couscous	Oriental Wheat (Triticum turanicum)	
Crisped Rice	Orzo Pasta	
Durum wheat (Triticum durum)	Pasta	
Edible Coatings	Pearl Barley	
Edible Films	Persian Wheat (Triticum carthlicum)	
Edible Starch	Perungayam	
Einkorn (Triticum monococcum)	Poulard Wheat (Triticum turgidum)	
Emmer (Triticum dicoccon)	Polish Wheat (Triticum polonicum)	
Enriched Bleached Flour	Rice Malt (if barley or Koji are used)	
Enriched Bleached Wheat Flour	Roux	
Farina	Rusk	
Farina Graham	Rye	
Farro	Seitan	
Filler	Semolina	
Fu (dried wheat gluten)	Semolina Triticum	
Germ	Shot Wheat (Triticum aestivum)	
Graham Flour	Small Spelt	
Granary Flour	Soy Sauce	
Groats (barley, wheat)	Spelt (Triticum spelta)	
Hard Wheat	Sprouted Wheat or Barley	
Heeng	Hydrolyzed Wheat Protein	
Hing	Strong Flour	
Hordeum Vulgare Extract	Suet in Packets	
Hydrolyzed Wheat Gluten	Tabbouleh	
Hydrolyzed Wheat Protein	Tabouli	
Hydrolyzed Wheat Starch	Teriyaki Sauce	
Hydroxypropyltrimonium	Timopheevi Wheat (Triticum timopheevii)	
Hydrolyzed Wheat Protein	Udon (wheat noodles)	