

## Foods & Ingredients Safe for a Gluten-Free Diet

Acacia Gum  
Acorn Quercus  
Adipic Acid  
Adzuki Bean  
Acacia Gum  
Agar  
Alcohol (Spirits - Specific Types)  
Alfalfa  
Algae  
Algin  
Alginate  
Allicin  
Almond Nut  
Aluminum  
Amaranth  
Annatto  
Annatto Color  
Apple Cider Vinegar  
Arabic Gum  
Arrowroot  
Artichokes  
Artificial Flavoring  
Aspartame (can cause IBS symptoms)  
Aspic  
Ascorbic Acid  
Astragalus Gummifer  
Baking Soda & Powder (check)  
Balsamic Vinegar  
Beans  
Bean, Adzuki  
Bean, Hyacinth  
Bean, Lentil  
Bean, Mung  
Bean Romano (Chickpea)  
Bean Tepary  
Benzoic acid  
Besan  
Betaine  
BHA  
BHT  
Beta Carotene  
Bicarbonate of Soda (check)  
Biotin  
Buckwheat  
Butter (check additives)  
Butylated Hydroxyanisole  
Butyl Compounds  
Calcium Carbonate  
Calcium Caseinate  
Calcium Chloride  
Calcium Disodium  
Calcium Phosphate  
Calcium Silicate  
Calcium Stearate  
Calcium Sulfate  
Camphor  
Canola Oil (Rapeseed Oil)  
Caprylic Acid  
Carageenan Chondrus Crispus

Carboxymethylcellulose  
Carnauba Wax  
Carob Bean  
Carob Bean Gum  
Carob Flour  
Carrageenan  
Casein  
Cassava Manihot Esculenta  
Castor Oil  
Cellulose1  
Cellulose Gum  
Cetyl Alcohol  
Cheeses  
- (check ingredients)  
Chestnuts  
Chickpea  
Chlorella  
Chymosin  
Citric Acid  
Collagen  
Corn  
Corn Gluten  
Corn Meal  
Corn Flour  
Cornstarch  
Corn Syrup  
Corn Syrup Solids  
Corn Sweetener  
Cortisone  
Cotton Seed Oil  
Cowitch  
Cowpea  
Cream of Tartar  
Cysteine, L  
Demineralized Whey  
Desamidocollagen  
Dextrose  
Dioctyl Sodium  
Distilled Vinegar  
Eggs  
Elastin  
Ester Gum  
Ethyl Alcohol  
Ferrous Gluconate  
Fish (fresh)  
Flaked Rice  
Flax  
Folic Acid-Folacin  
Formaldehyde  
Fructose  
Fruit (including dried)  
Fumaric Acid  
Gelatin  
Glutamate (free)  
Glutamic Acid  
Glutamine (amino acid)  
Glycerides  
Glycerol Monooleate  
Glycol Monosterate  
Glycol  
Glycolic acid  
Gram flour (chick peas)

Grits, Corn  
Guar Gum  
Hemp  
Herbs  
Honey  
Hyacinth Bean  
Hydrogen Peroxide  
Hydrolyzed soy protein  
Iodine  
Inulin  
Invert Sugar  
Job's Tears  
Kasha (roasted buckwheat)  
Keratin  
Kudzu Root Starch  
Lactic Acid  
Lactose  
Lanolin  
Lecithin  
Lentil  
Lipase  
Locust Bean Gum  
Magnesium Carbonate  
Magnesium Hydroxide  
Maize  
Maize Waxy  
Malic Acid  
Maltitol  
Maltodextrin  
Manioc  
Masa  
Masa Flour  
Masa Harina  
Meat (fresh)  
Methyl Cellulose<sup>2</sup>  
Microcrystallin Cellulose  
Milk  
Millet  
Milo  
Mineral Oil  
Mineral Salts  
Mono and Diglycerides  
Monosodium Glutamate MSG (made in USA)  
Monopotassium Phosphate  
Mung Bean  
Musk  
Niacin-Niacinamide  
Nuts (except wheat, rye & barley)  
Nut, Acron  
Nut, Almond  
Oats<sup>3</sup>  
Oils and Fats  
Oleyl Alcohol/Oil  
Paraffin  
Peas  
Pea - Chick  
Pea - Cow  
Pea Flour  
Pepsin  
Peru Balsam  
Petrolatum  
Phenylalanine

Pigeon Peas  
Polenta  
Polyethylene Glycol  
Polyglycerol  
Polysorbates  
Potassium Citrate  
Potassium Iodide  
Potassium Sorbate  
Potatoes  
Potato Flour  
Prinus  
Pristane  
Propolis  
Propylene Glycol  
Propylene Glycol Monosterate  
Propyl Gallate  
Psyllium  
Pyridoxine Hydrochloride  
Quinoa  
Ragi  
Rape  
Rennet  
Reticulin  
Rice  
Rice (Enriched)  
Rice Flour  
Rice Vinegar  
Romano Bean (chickpea)  
Rosin  
Royal Jelly  
Sago Palm  
Sago Flour  
Saifun (bean threads)  
Scotch Whisky  
Seaweed  
Seeds (except wheat, rye & barley)  
Seed - Sesame  
Seed - Sunflower  
Sphingolipids  
Soba (be sure it's 100% buckwheat)  
Sodium Acid Pyrophosphate  
Sodium Alginate  
Sodium Ascorbate  
Sodium Benzoate  
Sodium Caseinate  
Sodium Citrate  
Sodium Erythrobate  
Sodium Hexametaphosphate  
Sodium Lauryl Sulfate  
Sodium Nitrate  
Sodium Phosphate  
Sodium Silicoaluminat  
Sodium Stannate  
Sorbic Acid  
Sorbitol-Mannitol (can cause IBS symptoms)  
Sorghum  
Sorghum Flour  
Soy  
Soybean  
Soy Lecithin  
Spices (pure)  
Spirits (Specific Types)

Stearates  
Stearamide  
Stearamine  
Stearic Acid  
Subflower Seed  
Succotash (corn and beans)  
Sucrose  
Sulfosuccinate  
Sulfites  
Sulfur Dioxide  
Sweet Chestnut Flour  
Tallow  
Tapioca  
Tapioca Flour  
Tarrow Root  
Tartaric Acid  
TBHQ is Tetra or Tributylhydroquinone  
Tea  
Tea-Tree Oil  
Teff  
Teff Flour  
Tepary Bean  
Thiamine Hydrochloride  
Tofu-Soya Curd  
Tolu Balsam  
Tragacanth  
Tragacanth Gum  
Tri-Calcium Phosphate  
Turmeric (Kurkuma)  
Tyrosine  
Urad/Urid Beans  
Urad/Urid Dal (peas) Vegetables  
Urad/Urid flour  
Vinegar (All except Malt)  
Vanilla Extract  
Vanilla Flavoring  
Vanillin  
Vinegars (Specific Types)  
Vitamin A (retinol)  
Waxy Maize  
Whey  
White Vinegar  
Wines  
Wine Vinegars (& Balsamic)  
Wild Rice  
Xanthan Gum  
Yam Flour  
Yogurt (plain, unflavored)

- 1) Cellulose is a carbohydrate polymer of D-glucose. It is the structural material of plants, such as wood in trees. It contains no gluten protein.
- 2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in ricebased breads, etc.
- 3) Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also have an additional, unrelated intolerance to them. Cross contamination with wheat is also a factor that you need to consider before choosing to include oats in your diet.