

Unsafe Gluten-Free Food List (Unsafe Ingredients) -- Courtesy of the Benevolent Kitchen

This is not claiming to be a complete list; it is up to you to verify that the product is and remains gluten-free by contacting the manufacturer or checking the ingredients yourself.

These items are also unsafe via cross-contamination of utensils, equipment, etc.

Abyssinian	Hydrolyzed Wheat Protein	Stearyltrimoniumhydroxypropyl
Barley Grass (can contain seeds)	Hydrolyzed Wheat Starch	Strong Flour
Barley Hordeum vulgare	Kamut	Suet in Packets
Barley Malt	Malt	Tabbouleh
Beer – except GF beer	Malt Extract	Teriyaki Sauce
Bleached Flour	Malt Syrup	Textured Vegetable Protein – TVP
Blue Cheese (made with bread)	Malt Flavoring	Timopheevi Wheat
Bran	Malt Vinegar	Triticale X triticosecale
Bread Flour	Macha Wheat (Triticum aestivum)	Udon (wheat noodles)
Brewers Yeast	Matzo Semolina	Unbleached Flour
Brown Flour	Mir	Vavilovi Wheat
Bulgur (Wheat and/or Nuts)	Oats – except pure oats	Vegetable Starch
Cereal Binding	Oat Bran – except pure oats	Vital Wheat Gluten
Chilton	Oat Flour – except pure oats	Wheat, Abyssinian Hard
Club Wheat	Oat Groats	Wheat Bran Extract
Common Wheat	Oriental Wheat	Wheat, Bulgur
Couscous	Pasta – except those that are GF	Wheat Durum Triticum
Dextrimaltose	Pearl Barley	Wheat Flour Lipids
Durum wheat (Triticum durum)	Persian Wheat	Wheat Germ
Edible Starch	Poulard Wheat	Wheat Germ Oil
Einkorn (Triticum monococcum)	Polish Wheat	Wheat Grass (can contain seeds)
Emmer (Triticum dicoccon)	Rice Malt (if barley or Koji)	Wheat Nuts
Farina	Rolled Oats – except pure oats	Wheat Protein
Farina Graham	Rye	Wheat Triticum aestivum
Filler	Seitan	Wheat Triticum Monococcum
Flour (normally this is wheat)	Semolina	Wheat Bran
Fu (dried wheat gluten)	Semolina Triticum	Wheat Starch
Germ	Shot Wheat (Triticum aestivum)	Whole-Meal Flour
Graham Flour	Small Spelt	Wild Einkorn
Granary Flour	Soy Sauce	Wild Emmer
Groats (barley, wheat)	Sour Mix – check for exceptions	Wine Coolers
Hard Wheat	Spelt (Triticum spelta)	
Hydrolyzed Wheat Gluten	Sprouted Wheat or Barley	

Questionable Items

Alcohol ⁵	Gravy Cubes ³	Mustard Powder ³
Artificial Color ³	Ground Spices ³	Natural Flavoring ³
Caramel Color ^{1, 2}	Maltodextrin ^{1, 4}	Smoke Flavoring ³
Coloring ³	Maltose ³	Starch ^{1, 3}
Dextrins ^{1, 3}	Miso ³	Stock Cubes ³
Flavoring ³	Modified Food Starch ^{1, 3}	Vitamins ⁴
Food Starch ¹	Modified Starch ^{1, 3}	
Glucose Syrup ³	Monosodium Glutamate (MSG) ^{1, 3}	

1) Made in North America likely to be GF. **2)** Must check with manufacturer about malt syrup, dextrose, and starch sources. **3)** Must check with manufacturer for source material. **4)** Maltodextrin, when listed on food sold in the USA, must be (per FDA regulation) made from corn or potato. This rule does NOT apply to vitamin or mineral supplements and medications. **5)** All alcohol from non-gluten sources are GF, but fully distilled alcohol from any source is considered GF, but some still question this – often these alcohols are treated like oats – pure only, or by individual basis *much of this info is from www.celiac.com*