

Hidden Gluten in the Ingredient List

Artificial Colors

Artificial Flavors

Barley

Barley Malt

Bran

Bread Flour

Brewers Yeast

Brown Flour

Bulgur

Bulgur Wheat

Caramel-may contain malt

Caramel coloring- may contain malt

Dextrin- may be made from corn or wheat

Dinkel

Durum

Einkorn

Emmer

Farina

Farro

Kamut

Graham

Hordeum Vulgare-barley

Malt

Malted Milk

Malt Extract

Malt Flavoring

Maltodextrin-may be made from corn or wheat

Maltodextrose-may be made from corn or wheat

Malt Syrup

Malt Vinegar

Matzo

Matzo Meal

Modified Food Starch -may be made from corn or wheat

Modified Starch -may be made from corn or wheat

Modified Wheat Starch

Natural Flavors

Oatbran

Oat Flour

Oatmeal

Rye Bread

Rye Flour

Secale cereal-rye

Semolina

Sietan (this is an imitation meat found in many vegetarian dishes)

Spelt

Triticale

Triticum Spelta-spelt

Triticum Vulgare-wheat

Wheat

Wheat Germ

Wheat Proteins

Wheat Starch

Whole Oats-may or may not contain gluten

Worcestershire Sauce-some are gluten free while others are not

