



get control, get relief & thrive

Gluten-Free Foods

Lookout for these ingredients in medications:

Starch
Stabilizer
Flavoring
Hydrolyzed plant protein
Emulsifier

Grains containing gluten:

- Barley
- Bulgar
- Couscous
- Dinkle
- Einkorn
- Emmer
- Farina
- Faro
- Flour: any made from grains on this list; bread, brown, durum, granary, strong, and whole-meal flour usually indicates flours containing gluten
- Kamut
- Malt
- Matzo
- Oats and oat bran (unless tested and guaranteed)
- Orzo
- Panko
- Rye
- Setan
- Semolina
- Spelt
- Triticale
- Udon
- Wheat
- Wheat bran
- Wheat germ

Safe Ingredients:

Caramel coloring (unless imported)
Citric Acid
Distilled vinegar
Maltodextrin
Mono- and diglycerides
Yeast

Watch out for:

Modified food starch – unless identified
Flavoring – may contain barley malt

“Contains:” statements tell you if there is wheat in a product, but not barley or rye – always read the ingredients label

Gluten-Free Ingredients/Foods:

- Amaranth
- Arrowroot
- Bean or pea flours
- Buckwheat
- Corn
- Flaxseed
- Fruit
- Meat – fresh, not processed
- Milk, not malted or flavored
- Millet
- Montina
- Nut and seed flours
- Potato flour, potato starch
- Quinoa
- Rice and rice bran
- Sago
- Sorghum
- Soy flour
- Tapioca
- Teff
- Vegetables, not creamed or breaded
- Wild rice

Questionable Ingredients and Answers:

Modified food starch – There is no requirement for the identification of the name of the plant source of modified food starch. However, because of the Food Allergen Labeling and Consumer Protection Act, if wheat is being used, it will need to be labeled as "Modified Wheat Starch."

Flavorings (natural and artificial) - There are thousands of substances that can be used to flavor foods, either by natural or artificial means. There are two reasons why gluten may be in a flavor. The first reason is because a hydrolyzed protein may be used to enhance flavor. The second reason is because barley malt extract/syrup is being added.

If a flavor uses a hydrolyzed "wheat" protein, in parenthesis after the word natural or artificial flavors, the label would have to read like this: natural flavors (hydrolyzed wheat protein).

Hydrolyzed Plant Protein or Hydrolyzed Vegetable Protein (HPP or HVP)

– The names "hydrolyzed protein" and "hydrolyzed vegetable protein" are no longer acceptable because they do not identify the food source of the protein. The source of the Plant or Vegetable by law needs to be stated, for example, "Hydrolyzed Wheat Protein" or "Hydrolyzed Corn Protein."

Starches are often used as a thickener or binding agent especially in seasonings. The single word "starch" on a food label in the USA refers to corn. If other starches such as tapioca or wheat are being used, they must be declared. In addition, the new Food Allergen Labeling and Consumer Protection Act would mandate a label to read "Wheat starch."

Dextrin is also used as a thickener or binding agent and is usually made from corn, potato, tapioca, rice and wheat. If wheat is in dextrin, the label will read, Wheat Dextrin.

Individual spices do not contain gluten. However, blended spices may carry a wheat starch. If so, wheat will be in parenthesis after the word spice. For example, Cajun spice (includes wheat).

May contain gluten – double check labels or contact the manufacturer:

- Ale, beer, stout, lager
- Broth
- Candy
- Cloudy lemonade
- Curry mixes
- Dried meals
- Egg substitutes
- Flavorings
- Flavored instant coffee
- Ginger beer
- Grain spirits
- Gravy cubes and mixes
- Hot chocolate mixes
- Hydrolyzed vegetable protein (also hydrolyzed plant protein or protein hydrolysate) that is made from wheat. Safe if indicated as being from soy or corn.
- Ice cream
- Imitation bacon and seafood
- Licorice
- Malt vinegar (distilled vinegars are gluten-free)
- Marinades
- Mustard powder
- Nondairy cream substitutes
- Nuts, dry roasted
- Prepared meats (bologna, lunch ham, etc.)
- Rice syrup – may contain barley malt
- Root beer
- Roux
- Sauces and sauce mixes
- Self-basting poultry
- Soup and soup mixes
- Soy sauce and shoyu tamari
- Starch when labeled as wheat starch, modified food starch, or vegetable starch. Starch on food labels in the U.S. means cornstarch and is GF. Starch on medication labels, however, may contain wheat so check with you pharmacist.
- Stock cubes
- Suet in packets
- Thickeners

Gluten Free Products

Pasta

Tinkayada Brown Rice pasta
Annie Chun- Maifun Rice noodles
Annie's Gluten Free Rice Pasta and Cheddar (Delux and Regular Mac & Cheese)

Baking

Cherry Brook Kitchen Gluten Free Dreams (cake, frosting, cookies, brownies)
Pamela's (cake, brownies, cornbread, muffins, cookies)
Lillabee Baking Mixes (Brownies, Muffins, Cakes) ***LOCAL
Betty Crocker Gluten Free Products (cakes, cookies, and brownies)
Outrageous Baking Flour Mix ***LOCAL

Pancakes/ Waffles

Bisquick Gluten Free
Pamela's pancake mix
Cherrybrook Kitchen Gluten Free Pancake Mix (regular and chocolate chip)
Ian's gluten Free French Toast Sticks
Van's Natural Gluten Free frozen waffles (variety of flavors)
Lillabee Pancake Mix ***LOCAL

Bread

Pamela's Bread mix
Food for Life brown rice bread
Rudi's Gluten Free ***LOCAL
Udi's Gluten Free ***LOCAL
Sweet escapes products (Buns, Baguettes, pizza crust) *** LOCAL

Snacks/Chips/Crackers

Glutino brand products
Pirate Brand products (Pirates Booty, Original Tings, Potato Flyers, Smart Puffs)
POP Chips
Annie's Organic Bunny Fruit Snacks
Snack Salad Snapea Crisps
Blue Diamond Nut Thins (variety of flavors)
San-J Brown Rice Crackers
Edward & Sons Brown Rice Snaps (variety of flavors)

Cookies

Enjoy Life
Glutino
Annie's Gluten Free Bunnies (Ginger Snap, Snickerdoodle, Chocolate & Vanilla)
Outrageous Baking cookies and cakes ***LOCAL

- Always double check ingredients. Some of these products contain other allergens such as dairy, soys, and/or nuts

*** Many of the Local products can be found at the farmers market, as well as available in restaurants and coffee shops around boulder.

Helpful websites:

Glutenfreeinboulder.com
Renegadekitchen.com