



Gluten

Gluten is a general name for the proteins found in wheat (wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, KAMUT® khorasan wheat and einkorn), rye, barley and triticale – a cross between wheat and rye.

- Gluten helps foods maintain their shape, acting as a glue that holds food together.

Where is Gluten Found?

- Breads
- Baked goods
- Soups
- Pasta
- Cereals
- Sauces (soy sauce, pasta sauce, premade marinades, tomato paste)
- Salad dressings
- Roux
- Malted barley flour
- Malted milk and milkshakes
- Malt extract, malt syrup, malt flavoring, malt vinegar
- Food colorings
- Beer
- Brewer's Yeast
- Pumpernickel bread
- Licorice
- Processed meats
- Fake/vegetarian/vegan meat products

Gluten-Free Foods

- Rice
- Cassava
- Corn (maize)
- Soy
- Potato
- Tapioca
- Beans
- Sorghum
- Quinoa
- Millet
- Buckwheat groats (also known as kasha)
- Arrowroot
- Amaranth
- Teff
- Flax
- Chia
- Yucca
- Gluten-free oats
- Nut flours
- Coconut/liquid aminos/Tamari sauce
- Stubbs Legendary Bar-B-Q sauce
- Gluten-Free Chex
- Chex oatmeal
- Gluten-free Cheerios

****Read labels



Gluten-Free Brands

- Udi's
- Rudi's Gluten Free Bakery
- Bob's Red Mill
- Aldi's Live G Free
- Fody Foods

