

## Names for GLUTEN Listed in Product INGREDIENTS:

\*See Table 1 for Special Circumstances

Atta ( <i>chapati flour</i> )	Malto-Dextrose*
Barley ( <i>flakes, flour, pearl</i> )	Manna
Binder or binding	Matzo, matzo meal ( <i>matzah, matzoh</i> )
Breading, bread stuffing	Modified food starch
Brewer's yeast	Modified wheat starch
Bulgur	Modified starch*
Carmel Color*	Monosodium Glutamate (MSG)*
Duram or Durum ( <i>type of wheat</i> )	Natural Flavor*
Einkorn ( <i>type of wheat</i> )	Oatmeal, oat bran, oat flour, whole oats ( <i>unless they are from pure, uncontaminated oats</i> )
Emmer ( <i>type of wheat</i> )	Rusk
Emulsifiers*	Rye bread and flour
Farro/faro ( <i>also known as spelt or dinkel</i> )	Seitan ( <i>a meat-like food derived from wheat gluten used in many vegetarian dishes</i> )
Farina	Semolina
Filler	Special edible starch
Flour	Spelt ( <i>type of wheat also known as farro, faro, or dinkel</i> )
Frumento	Textured Vegetable Protein*
Fu ( <i>a dried gluten product made from wheat and used in some Asian dishes</i> )	Thickener or thickening
Glucose*	Tocopheryls
Graham flour	Triticale
Gum base	Vitamin E*
Hydrolyzed Plant protein*	Wheat alternative
Hydrolyzed Vegetable protein*	Wheat bran
Hydrolyzed wheat protein	Wheat flour
Kamut ( <i>type of wheat</i> )	Wheat germ
Lecithins*	Wheat starch
Malt, malt extract, malt syrup, malt flavoring	
Malt vinegar	
Malted milk	

### Gluten Free Labels:

GOOD	BETTER	BEST	ULTIMATE
<b>GLUTEN FREE</b>			
FDA regulated 20-ppm	Beyond Celiac 20-ppm	Gluten Intolerance Group 10-ppm	National Celiac Association 5-ppm or less

**Table 1:**

**For these items, product must say “GLUTEN FREE” or be confirmed by manufacturer:**

<b>Glucose</b>	This is a sugar that can be derived from wheat. If you’re in the USA it’s usually not wheat based (it will say “wheat” on the label in the USA if it’s there.) It’s very processed and tests show a very low gluten level, but some people have reported reactions.
<b>Vitamin E (or Tocopherols)</b>	This is sometimes derived from wheat germ, even in beauty products
<b>Modified food starch</b>	This is usually corn or soy in the USA and is gluten free. If it contains wheat, it must say “wheat” on the label
<b>Natural Flavor</b>	The FDA defines natural flavoring as a product that is derived from a natural substance and contributes to flavor. This means that while not all-natural flavors include gluten, if you see this term on the ingredient list, it may or may not include gluten-containing grains or derivatives and should be avoided. It is sometimes made from barley, especially in caramel.
<b>Monosodium Glutamate</b>	Monosodium glutamate (MSG) is a flavor enhancer added to many foods. It is derived from the salt of the amino acid Glutamic Acid and may be made from foreign sources which use gluten-containing grains. In the United States, most monosodium glutamate is made from cane, beets or tapioca starch, but even in the U.S. some manufacturers still use wheat gluten.
<b>Emulsifiers</b>	Emulsifiers are used to change surface properties of other ingredients with which they are combined. An emulsifier may be made up of both a water and an oil molecule, which in turn helps oil and water to mix together when the emulsifier is added. Emulsifiers are added to many products including breads, chocolate, ice cream, margarine and processed meat. These emulsifiers may or may not contain gluten, depending on what they are being used for.
<b>Lecithins</b>	Lecithins are food additives that help to stabilize some foods. They are made from the hull of grain, and while it may come from a "safe" grain such as amaranth, it may also come from barley or other grains to be avoided by those eliminating gluten from their diet.
<b>Caramel Color</b>	Caramel color is usually made of a combination of dextrose, invert sugar, lactose, malt syrup, molasses, starch hydrolysis or sucrose. Both the malt syrup and the starch hydrolysis are likely to contain gluten.
<b>Hydrolyzed Vegetable Protein, Hydrolyzed Plant Protein and Textured Vegetable Protein</b>	Vegetarians and those who look to increase their protein sources through plant matter may look to products that contain Hydrolyzed Vegetable Protein, Hydrolyzed Plant Protein and Textured Vegetable Protein. They are usually made from a combination of wheat, corn and soy and therefore are likely to contain gluten. Found in many vegetarian meat replacements and shampoo.
<b>Malto-Dextrose</b>	Malto-Dextrose, also known as maltodextrin or dextrin is usually made from barely malt. This is a filler that may be added to some sugar-free or low-fat products such as ice cream to increase their density, mouth feel and flavor. However, this is usually from corn in the USA and must say “wheat” on the label if it’s made from wheat.