

Safe Gluten-Free Food List (Safe Ingredients)

Acacia Gum	Calcium Stearate	Fructose
Acorn Quercus	Calcium Sulfate	Fruit (including dried)
Adipic Acid	Camphor	Fumaric Acid
Adzuki Bean	Canola Oil (Rapeseed Oil)	Gelatin
Acacia Gum	Caprylic Acid	Glutamate (free)
Agar	Carageenan Chondrus	Glutamic Acid
Alcohol (Spirits - Specific Types)	Crispus	Glutamine (amino acid)
Alfalfa	Carboxymethylcellulose	Glycerides
Algae	Carnauba Wax	Glycerol Monooleate
Algin	Carob Bean	Glycol Monosterate
Alginate	Carob Bean Gum	Glycol
Allicin	Carob Flour	Glycolic acid
Almond Nut	Carrageenan	Gram flour (chick peas)
Aluminum	Casein	Grits, Corn
Amaranth	Cassava Manihot Esculenta	Guar Gum
Annatto	Castor Oil	Hemp
Annatto Color	Cellulose1	Herbs
Apple Cider Vinegar	Cellulose Gum	Honey
Arabic Gum	Cetyl Alcohol	Hyacinth Bean
Arrowroot	Cheeses	Hydrogen Peroxide
Artichokes	- (check ingredients)	Hydrolyzed soy protein
Artificial Flavoring	Chestnuts	Iodine
Aspartame (can cause IBS symptoms)	Chickpea	Inulin
Aspic	Chlorella	Invert Sugar
Ascorbic Acid	Chymosin	Jobs Tears
Astragalus Gummifer	Citric Acid	Kasha (roasted buckwheat)
Baking Soda & Powder (check)	Collagen	Keratin
Balsamic Vinegar	Corn	Kudzu Root Starch
Beans	Corn Gluten	Lactic Acid
Bean, Adzuki	Corn Meal	Lactose
Bean, Hyacinth	Corn Flour	Lanolin
Bean, Lentil	Cornstarch	Lecithin
Bean, Mung	Corn Syrup	Lentil
Bean Romano (Chickpea)	Corn Syrup Solids	Lipase
Bean Tepary	Corn Sweetener	Locust Bean Gum
Benzoic acid	Cortisone	Magnesium Carbonate
Besan	Cotton Seed Oil	Magnesium Hydroxide
Betaine	Cowitch	Maize
BHA	Cowpea	Maize Waxy
BHT	Cream of Tartar	Malic Acid
Beta Carotene	Cysteine, L	Maltitol
Bicarbonate of Soda (check)	Demineralized Whey	Maltodextrin
Biotin	Desamidocollagen	Manioc
Buckwheat	Dextrose	Masa
Butter (check additives)	Diocetyl Sodium	Masa Flour
Butylated Hydroxyanisole	Distilled Vinegar	Masa Harina
Butyl Compounds	Eggs	Meat (fresh)
Calcium Carbonate	Elastin	Methyl Cellulose2
Calcium Caseinate	Ester Gum	Microcrystallin Cellulose
Calcium Chloride	Ethyl Alcohol	Milk
Calcium Disodium	Ferrous Gluconate	Millet
Calcium Phosphate	Fish (fresh)	Milo
Calcium Silicate	Flaked Rice	Mineral Oil
	Flax	Mineral Salts
	Folic Acid-Folacin	Mono and Diglycerides
	Formaldehyde	

Safe Gluten-Free Food List (Safe Ingredients)

Monosodium Glutamate
 MSG (made in USA)
 Monopotassium Phosphate
 Mung Bean
 Musk
 Niacin-Niacinamide
 Nuts (except wheat, rye & barley)
 Nut, Acron
 Nut, Almond
 Oats³
 Oils and Fats
 Oleyl Alcohol/Oil
 Paraffin
 Peas
 Pea - Chick
 Pea - Cow
 Pea Flour
 Pepsin
 Peru Balsam
 Petrolatum
 Phenylalanine
 Pigeon Peas
 Polenta
 Polyethylene Glycol
 Polyglycerol
 Polysorbates
 Potassium Citrate
 Potassium Iodide
 Potassium Sorbate
 Potatoes
 Potato Flour
 Prinus
 Pristane
 Propolis
 Propylene Glycol
 Propylene Glycol
 Monoesterate
 Propyl Gallate
 Psyllium
 Pyridoxine Hydrochloride
 Quinoa
 Ragi
 Rape
 Rennet
 reticulin
 Rice
 Rice (Enriched)
 Rice Flour
 Rice Vinegar
 Romano Bean (chickpea)
 Rosin
 Royal Jelly
 Sago Palm
 Sago Flour
 Saifun (bean threads)

Scotch Whisky
 Seaweed
 Seeds (except wheat, rye & barley)
 Seed - Sesame
 Seed - Sunflower
 Sphingolipids
 Soba (be sure its 100% buckwheat)
 Sodium Acid Pyrophosphate
 Sodium Alginate
 Sodium Ascorbate
 Sodium Benzoate
 Sodium Caseinate
 Sodium Citrate
 Sodium Erythrobratate
 Sodium Hexametaphosphate
 Sodium Lauryl Sulfate
 Sodium Nitrate
 Sodium Phosphate
 Sodium Silicoaluminatate
 Sodium Stannate
 Sorbic Acid
 Sorbitol-Mannitol (can cause IBS symptoms)
 Sorghum
 Sorghum Flour
 Soy
 Soybean
 Soy Lecithin
 Spices (pure)
 Spirits (Specific Types)
 Stearates
 Stearamide
 Stearamine
 Stearic Acid
 Subflower Seed
 Succotash (corn and beans)
 Sucrose
 Sulfosuccinate
 Sulfites
 Sulfur Dioxide
 Sweet Chestnut Flour
 Tallow
 Tapioca
 Tapioca Flour
 Tarrow Root
 Tartaric Acid
 TBHQ is Tetra or
 Tributylhydroquinone
 Tea
 Tea-Tree Oil
 Teff
 Teff Flour
 Tepary Bean
 Thiamine Hydrochloride

Tofu-Soya Curd
 Tolu Balsam
 Tragacanth
 Tragacanth Gum
 Tri-Calcium Phosphate
 Turmeric (Kurkuma)
 Tyrosine
 Urad/Urid Beans
 Urad/Urid Dal (peas)
 Vegetables
 Urad/Urid flour
 Vinegar (All except Malt)
 Vanilla Extract
 Vanilla Flavoring
 Vanillin
 Vinegars (Specific Types)
 Vitamin A (retinol)
 Waxy Maize
 Whey
 White Vinegar
 Wines
 Wine Vinegars (& Balsamic)
 Wild Rice
 Xanthan Gum
 Yam Flour
 Yogurt (plain, unflavored)

1) Cellulose is a carbohydrate polymer of D-glucose. It is the structural material of plants, such as wood in trees. It contains no gluten protein.

2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in rice-based breads, etc.

3) Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also have an additional, unrelated intolerance to them. Cross contamination with wheat is also a factor that you need to consider before choosing to include oats in your diet.