

## Gluten Free Foods & Ingredients

By Kyle Eslick on September 12th, 2008

From: <http://celiac-disease.com/gluten-free-foods-ingredients/>

If you or someone you know has been diagnosed with Celiac Disease and now needs to lead a gluten free life, it can be kind of confusing (especially early on). One of the keys to successfully living a gluten free life is to read labels and understand what all those ingredients are. Wheat can hide in a variety of foods and ingredients.

Here is a list of gluten free foods and ingredients that should make your shopping easier. We have added hyperlinks within the post so you can click the first letter of the ingredient you are looking for and jump to that specific section. And as with all of our posts, this post is setup for ideal printing so you can take a copy with you when you go shopping!

Please note that some things on this list are a maybe, which means you should check with the specific manufacturer. If you have any ingredients that you feel are missing, or you want others to know that you've had troubles with certain ingredients, please let us know so we can update our post!

Note: If you are looking for food ingredients that have been confirmed to contain gluten, check out our [Collection of Food Ingredients That Contain Gluten](#).

[Collection of Gluten Free Foods & Ingredients](#)

### A Ingredients

- \* Acacia Gum
- \* Acorn
- \* Acorn Quercus
- \* Adipic Acid
- \* Adzuki Bean
- \* Acacia Gum
- \* Agar
- \* Alcohol (Spirits - Specific Types)
- \* Alfalfa
- \* Algae
- \* Algin
- \* Alginate
- \* Allicin
- \* Almond Flour
- \* Almond Nut
- \* Aluminum
- \* Amaranth
- \* Annatto
- \* Annatto Color
- \* Apple Cider Vinegar
- \* Arabic Gum
- \* Arborio Rice
- \* Aromatic Rice
- \* Arrowroot
- \* Artichokes

- \* Artificial Flavoring
- \* Aspartame (can cause IBS symptoms)
- \* Aspic
- \* Ascorbic Acid
- \* Astragalus Gummifer

## B Ingredients

- \* Baking Soda & Powder (check)
- \* Baking Yeast
- \* Balsamic Vinegar
- \* Basmati Rice
- \* Beans
- \* Bean, Adzuki
- \* Bean, Hyacinth
- \* Bean, Lentil
- \* Bean, Mung
- \* Bean Romano (Chickpea)
- \* Bean Tepary
- \* Benzoic acid
- \* Besan
- \* Betaine
- \* BHA
- \* BHT
- \* Beta Carotene
- \* Bicarbonate of Soda (check)
- \* Biotin
- \* Brewer's Yeast
- \* Brown Rice
- \* Brown Sugar
- \* Buckwheat
- \* Butter (check additives)
- \* Butylated Hydroxyanisole
- \* Butyl Compounds

## C Ingredients

- \* Calcium Carbonate
- \* Calcium Caseinate
- \* Calcium Chloride
- \* Calcium Disodium
- \* Calcium Phosphate
- \* Calcium Silicate
- \* Calcium Stearate
- \* Calcium Sulfate
- \* Calrose
- \* Camphor
- \* Canola Oil (Rapeseed Oil)
- \* Caprylic Acid
- \* Caramel Color (check with manufacturer)
- \* Carageenan Chondrus Crispus

- \* Carboxymethyl Cellulose
- \* Carnauba Wax
- \* Carob Bean
- \* Carob Bean Gum
- \* Carob Flour
- \* Carrageenan
- \* Casein
- \* Cassava Manihot Esculenta
- \* Castor Oil
- \* Cellulose
- \* Cellulose Gum
- \* Cetyl Alcohol
- \* Channa
- \* Cheeses (check ingredients)
- \* Chestnuts
- \* Chickpea
- \* Chlorella
- \* Chymosin
- \* Citric Acid
- \* Coconut
- \* Collagen
- \* Corn
- \* Corn Gluten
- \* Corn Meal
- \* Corn Flour
- \* Cornstarch
- \* Corn Syrup
- \* Corn Syrup Solids
- \* Corn Sweetener
- \* Cortisone
- \* Cotton Seed Oil
- \* Cowitch
- \* Cowpea
- \* Cream of Tartar
- \* Cysteine, L

#### D Ingredients

- \* Dal
- \* Dasheen Flour
- \* Demineralized Whey
- \* Desamidocollagen
- \* Dextrose
- \* Dioctyl Sodium
- \* Distilled Vinegar

#### E Ingredients

- \* Eggs
- \* Elastin
- \* Ester Gum

- \* Ethyl Alcohol
- \* Ethyl Maltol

#### F Ingredients

- \* Fava Bean
- \* Ferrous Gluconate
- \* Fish (fresh)
- \* Flaked Rice
- \* Flax
- \* Flaxseed
- \* Folic Acid-Folacin
- \* Formaldehyde
- \* Fructose
- \* Fruit (including dried)
- \* Fumaric Acid

#### G Ingredients

- \* Garbanzo
- \* Garfava
- \* Gelatin
- \* Glucose
- \* Glutamate (free)
- \* Glutamic Acid
- \* Glutamine (amino acid)
- \* Glutinous Rice
- \* Glycerides
- \* Glycerol Monooleate
- \* Glycol Monosterate
- \* Glycol
- \* Glycolic Acid
- \* Gram flour (chick peas)
- \* Grits, Corn
- \* Guar Gum

#### H Ingredients

- \* Hemp
- \* Herbs
- \* Hominy
- \* Honey
- \* Hyacinth Bean
- \* Hydrogen Peroxide
- \* Hydrolyzed soy protein

#### I Ingredients

- \* Iodine
- \* Inulin
- \* Invert Sugar

#### J Ingredients

- \* Jobs Tears

## K Ingredients

- \* Karaya Gum
- \* Kasha (roasted buckwheat)
- \* Keratin
- \* Kudzu Root Starch

## L Ingredients

- \* Lactic Acid
- \* Lactose
- \* Lanolin
- \* Lecithin
- \* Lentil
- \* Lipase
- \* Locust Bean Gum

## M Ingredients

- \* Magnesium Carbonate
- \* Magnesium Hydroxide
- \* Maize
- \* Maize Waxy
- \* Malic Acid
- \* Maltitol
- \* Maltodextrin
- \* Manioc
- \* Mannitol
- \* Masa
- \* Masa Flour
- \* Masa Harina
- \* Meat (fresh)
- \* Methyl Cellulose
- \* Microcrystallin Cellulose
- \* Milk
- \* Millet
- \* Milo
- \* Mineral Oil
- \* Mineral Salts
- \* Modified corn starch
- \* Modified tapioca starch
- \* Mono and Diglycerides
- \* Monosodium Glutamate MSG (made in USA)
- \* Monopotassium Phosphate
- \* Montina
- \* Mung Bean
- \* Musk

## N Ingredients

- \* Niacin-Niacinamide

- \* Nuts (except wheat, rye & barley)
- \* Nut, Acron
- \* Nut, Almond

#### O Ingredients

- \* Oats (See The Truth About Celiac Disease and Oats for specific information)
- \* Oils and Fats
- \* Oleyl Alcohol/Oil

#### P Ingredients

- \* Paraffin
- \* Papain
- \* Peas
- \* Pea - Chick
- \* Pea - Cow
- \* Pea Flour
- \* Peanut flour
- \* Pectin
- \* 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 Monosterate
- \* Propyl Gallate
- \* Psyllium
- \* Pyridoxine Hydrochloride

#### Q Ingredients

- \* Quinoa

#### R Ingredients

- \* Ragi
- \* Rape
- \* Rennet
- \* Reticulin

- \* Rice
- \* Rice (Enriched)
- \* Rice Flour
- \* Rice Vinegar
- \* Risotto
- \* Romano Bean (chickpea)
- \* Rosin
- \* Royal Jelly

## S Ingredients

- \* Sago Palm
- \* Sago Flour
- \* Saifun (bean threads)
- \* Scotch Whisky
- \* Seaweed
- \* Seeds (except wheat, rye & barley)
- \* Seed - Sesame
- \* Seed - Sunflower
- \* Sesame
- \* Sphingolipids
- \* Soba (be sure its 100% buckwheat)
- \* Sodium Acid Pyrophosphate
- \* Sodium Alginate
- \* Sodium Ascorbate
- \* Sodium Benzoate
- \* Sodium Caseinate
- \* Sodium Citrate
- \* Sodium Erythroate
- \* Sodium Hexametaphosphate
- \* Sodium Lauryl Sulfate
- \* Sodium Metabisulphate
- \* Sodium Nitrate
- \* Sodium Phosphate
- \* Sodium Silicoaluminate
- \* Sodium Stannate
- \* Sodium Sulphite
- \* Sorbic Acid
- \* Sorbitol-Mannitol (can cause IBS symptoms)
- \* Sorghum
- \* Sorghum Flour
- \* Soy
- \* Soybean
- \* Soy Lecithin
- \* Soy Sauce (may contain wheat)
- \* Spices (pure)
- \* Spirits (Specific Types)
- \* Stearates
- \* Stearamide
- \* Stearamine

- \* Stearic Acid
- \* Subflower Seed
- \* Succotash (corn and beans)
- \* Sucralose
- \* Sucrose
- \* Sugar
- \* Sulfosuccinate
- \* Sulfites
- \* Sulfur Dioxide
- \* Sweet Chestnut Flour
- \* Sweet Rice Flour

#### T Ingredients

- \* Tallow
- \* Tapioca
- \* Tapioca Flour
- \* Taro Flour
- \* Tarrow Root
- \* Tartaric Acid
- \* Tartrazine
- \* TBHQ is Tetra or Tributylhydroquinone
- \* Tea
- \* Tea-Tree Oil
- \* Teff
- \* Teff Flour
- \* Tepary Bean
- \* Thiamine Hydrochloride
- \* Titanium Dioxide
- \* Tofu-Soya Curd
- \* Tolu Balsam
- \* Tragacanth
- \* Tragacanth Gum
- \* Tri-Calcium Phosphate
- \* Turmeric (Kurkuma)
- \* Tyrosine

#### U Ingredients

- \* Urad/Urid Beans
- \* Urad/Urid Dal (peas) Vegetables
- \* Urad/Urid flour

#### V Ingredients

- \* Vinegar (All except Malt)
- \* Vanilla Extract
- \* Vanilla Flavoring
- \* Vanillin
- \* Vitamin A (retinol)

#### W Ingredients

- \* Waxy Maize
- \* Whey
- \* White Sugar
- \* White Vinegar
- \* Wines
- \* Wild Rice

#### X Ingredients

- \* Xanthan Gum
- \* Xylitol

#### Y Ingredients

- \* Yam Flour
- \* Yeast
- \* Yogurt (plain, unflavored)

#### Z Ingredients

- \* (None Found)