



GLUTEN GRAINS

Barley
Einkorn
Emmer
Farro
Kamut
Rye
Spelt
Triticale
Wheat

GLUTEN FLOURS

All purpose flour
Atta flour
Barley flour
Bleached flour
Bread flour
Enriched flours
Farina
Graham flour
Maida
Malted barley flour
Rye flour
Unbleached flours Wheat
flours
Tipo 00 flour

GLUTEN DERIVITIVES

Alcohols
Barley malt
Bran
Bulgur
Couscous
Germ
Gluten
Matza/matzah/matzo
Orzo
Pasta
Pearl barley
Seitan
Semolina
Starch
Tabouli

INGREDIENTS THAT SOMETIMES CONTAIN GLUTEN

Anti-caking agents
Artificial colour
Baking powder
Clarifying agents
Colouring
Dry roasted nuts
Emulsifiers
Ground spice blends
Imitation seafood
Juices
Juice "drinks"
Miso
Non-dairy creamer
Non-dairy barista milks
Pregelatinized starch
Protein hydrolysates
Soba noodles
Soy sauce
Stabilizers
Soup stock
Suet
Sushi rice (seasoned)
Tamari
Tocopherols
Vegetable broth
Vegetable protein
Vegetable starch
Vitamins
Yeast extract