

*Ingredients Containing
Wheat and Gluten*

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Barley
Barley Flour
Barley Malt Extract or Flavorings
Bran
Bulgur
Cracked Wheat
Couscous
Durum
Einkorn
Emmer
Farina
Faro
Flour
Gluten
Vital Gluten
Graham Flour
Kamut
Matzo
Matzo Meal
Orzo
Panko
Rye
Seitan
Semolina
Spelt
Triticale
Udon
Wheat Products such as Bran, Germ, Starch.

Beware of baking powder, bread crumbs, broth, brown rice syrup, cereal extract, coating mix, communion wafers, croutons, candies, dextrin, flavorings or seasonings, gelatinized or pre-gelatinized starch, high protein powder, (hvp), hydrolyzed plant protein (hpp), imitation seafood or bacon, lunch meat, malt flavoring, modified starch, modified food starch, texturized vegetable protein (tvp), beer, flavored coffees and teas, lipstick, gloss, stuffing, sauces, self basting poultry, processed or deli meat, licorice, malts, marinades, milk shakes, pastas, soups (canned, dried or cubes), soy sauce, chewing gum (sometimes dusted with gluten flour), supplements and medications (may contain corn starch which may contain wheat), cosmetics and hygiene products, vitamins, malt vinegar. Do not use Play-Doh if you are allergic to gluten products.

If you must eat gluten-free, remember that barley (malt), rye and oats do not fall under the "Food Allergen Labeling and Consumer Act." If a product does not say, "Wheat" as a possible allergen, you must *still* read the ingredients to look for gluten.

Some researchers believe oats are safe for gluten and wheat free diets. However, there is a growing concern that processed oats may be contaminated with wheat or gluten in the factory. If you are considering oats in your diet, consult your dietitian or physician before making any changes like this that are potentially dangerous.