

# The Gluten-Free Diet: A Basic Overview of Food

Children's National Health System Celiac Disease Program



Gluten is a protein found in all forms of wheat, rye, and barley. It is most commonly found in food, but it also hides in medicine, vitamins, and make-up. The first thing anyone should do when starting a gluten-free diet is schedule a meeting with a skilled dietitian or nutritionist. A well-trained professional can help teach the basics of a gluten-free diet and help find ways to adapt to the new lifestyle.

When at home or at the grocery store, a quick guide to ingredients can be a helpful tool for quickly determining if a packaged product is safe.

## Safe Gluten-Free Ingredients

Eliminating wheat, barley, and rye from a diet may seem like a daunting task, but it's important to remember that there are still hundreds of grains and other foods that can be eaten. Staples like fresh fruits and vegetables, meats, poultry, seafood, and most types of dairy are all gluten-free in their natural forms. Examples include the following:

Acorn Flour	Calrose	Cornstarch	Hominy	Potato Starch	Sunflower Seeds
Almond Flour	Canola	Cottonseed	Instant Rice	Quinoa	Sweet Rice Flour
Amaranth	Cassava	Dal	Kasha	Red Rice	Tapioca
Arborio Rice	Channa	Dasheen Flour	Lentils	Rice Bran	Tapioca Flour
Arrowroot	Chestnut	Enriched Rice	Millet	Rice Flour	Taro Flour
Baker's Yeast	Chickpea Flour	Fava Bean	Modified Corn	Risotto	Teff
Basmati Rice	Coconut Flour	Flax	Starch	Sago	Tofu
Bean Flours	Corn	Flax Seeds	Modified Tapioca	Sesame	White Rice Flour
Brown Rice	Corn Flour	Garbanzo	Montina	Sorghum	Xanthan Gum
Brown Rice Flour	Corn Gluten	Glutinous Rice	Peanut Flour	Soy	Yeast
Buckwheat	Corn Meal	Guar Gum	Potato Flour	Soybeans	Yucca

## Safe Food Additives

When purchasing packaged foods, there will likely be many ingredients listed that sound unfamiliar or strange. Below is a list of food additives that are safe for a gluten-free diet:

Acacia Gum	BHA	Carob Bean Gum	Fumaric Acid	Malic Acid	Pectin
Adipic Acid	BHT	Cellulose	Gelatin	Maltodextrin	Polysorbate
Algin	Brown Sugar	Corn Syrup	Glucose	Maltol	Propylene Glycol
Annatto	Calcium	Cream of Tartar	Invert Sugar	Mannitol	Psyllium
Aspartame	Disodium	Dextrose	Karaya Gum	Methylcellulose	Sodium Benzoate
Baking Yeast	Carrageenan	Distilled Vinegar	Lactic Acid	Monosodium	Sodium
Benzoic Acid	Caramel Coloring	Ethyl Maltol	Lactose	Glutamate	Metabisulphite
Beta Carotene	Carboxymethyl	Fructose	Lecithin	Papain	Sodium Nitrate

(over)

## Safe Food Additives *(continued)*

Sodium Sulphite	Stearic Acid	Tartaric Acid	Vanilla Extract	Autolyzed Yeast
Sorbitol	Sucralose	Tartrazine	Xylitol	Extract
Spices (100 percent pure)	Sucrose	Titanium Dioxide	Yam	Nutritional Yeast
	Sugar	Vanilla Bean	Yeast; Autolyzed	

## Unsafe Foods

Below is a list of basic food items that contain gluten. It's important to note that this is **not a complete list of gluten-containing foods**. If ever unsure about the safety of a product, call the manufacturer directly.

Barley	Bulgur	Farina	Macha	Rice Malt	Triticale
Barley Extract	Bulgur Wheat	Fu	Malt	Rye	Wheat
Barley Grass	Croutons	Graham	Malt Flavoring	Seitan	Wheat Starch
Barley Malt	Couscous	Hordeum Vulgare	Malt Syrup	Spelt	
Barley Pearls	Durum	Hydrolyzed	Malt Vinegar	Semolina	
Bran	Einkorn	Wheat Protein	Matzo	Sprouted Wheat	
Bleached Flour	Emmer	Kamut	Mir	Tabbouleh	

## Questionable Foods and Products

There are many food items that appear on grocery store shelves that may or may not contain gluten. Unfortunately, because of varied manufacturing processes, it is impossible to generalize about any of these products. The only way to ensure one of these products is in fact safe is to check the food label or contact a manufacturer directly. Below is a list of questionable products that must be double-checked.

- Beer (all forms are unsafe except those labeled gluten-free)
- Beef/Chicken/Fish/Vegetable Stock (may contain wheat)
- Bouillon (may contain wheat)
- Brewer's Yeast (depends on whether it's a by-product of the brewing process [unsafe] or made from sugar beets [safe])
- Dextrin (could be made from wheat, corn, potato, arrowroot, rice or tapioca)
- Fillers (could be wheat, corn, potato or other starch)
- Lipstick/Lip Gloss/Lip Balm (may contain wheat or barley)
- Malted Grains (any grain can be malted. For example, gluten-free beer manufacturers use malted sorghum as an ingredient. This is considered safe. A malted grain would be unsafe if the malted ingredient is wheat, rye or barley)
- Marinades (may contain wheat)
- Miso (may contain barley)
- Multivitamins/supplements (may contain wheat starch)
- Mustard Powder (may contain wheat)
- Oats (may be cross-contaminated due to storage and transportation methods)
- Play Dough (may contain wheat)
- Rice Syrup (could be made using barley)
- Soy Sauce (may contain wheat)
- Spices (combination spices may contain wheat)
- Toothpaste (dental products may have malted products in their additives and stabilizers)
- Yellow Mustard (may contain wheat)
- Yogurt, flavored (may contain dextrin or barley extract)



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