

What Is Gluten?

Gluten gives elasticity to dough, helping it rise and keep its shape and often gives the final product a chewy texture

When dealing with GLUTEN FREE foods read all the labels and check for any of these products in the ingredients.

FOODS TO AVOID

Wheat

- Including einkorn, emmer, spelt, kamut
- Wheat starch, wheat bran, wheat germ, cracked wheat, hydrolyzed wheat protein

Bromated Flour

Durum Flour

Enriched Flour

Farina

Graham Flour

Phosphate Flour

Plain Flour

Barley

- Malt, malt flavoring and malt vinegar are usually made from barely.

Rye

- Triticale (a cross between wheat and rye)

Self-Rising Flour

Semolina

White Flour



Processed Foods That May Contain Wheat, Barley or Rye*

Bouillon Cubes

Brown Rice Sryup

Candy

Chips/Potato Chips

Cold Cuts, Hot Dog, Salami, Salami

French Fries

Gravy

Imitation Fish

Matzo

Rice Mixes

Sauces

Seasoned tortilla chip

Self-basting Turkey

Soups

Soy Sauce

Vegetable in sauce

Communion Wafers