

## UNACCEPTABLE GFCE INGREDIENTS/PRODUCTS

### **A**

Abyssinian Hard (Wheat Triticum duran)  
Acidophilus milk  
Alcohol (Spirits - Specific Types)  
Amylase  
Artificial Butter flavor  
Aspartame (can cause IBS symptoms -Irritable Bowel Syndrome)  
Avena

### **B**

Baking Powder (verify ingredients)  
Barley  
Barley malt  
Barley Hordeum vulgare  
Beer  
Bleached All-purpose Flour  
Bouillon cubes or powder  
Bran  
Bulgur (Bulgur Wheat/Nuts)  
Butter  
Butter fat  
Butter flavoring  
Butter oil  
Buttermilk  
Bran  
Broth prepackaged  
Bulgur

### **C**

Calcium Caseinate  
Calcium Stearoyl Lactylate\*\* (see below)  
Caramel Color\*\*\*\* see below  
Casein  
Caseinates  
Cheese  
Cheeses (hard and soft)  
Cereal extract  
Cereal Binding  
Chilton  
Chorizo (read label)  
Coffee creamer substitute (grain based)  
Cottage Cheese  
Couscous  
Cracker meal  
Cream  
Cream Cheese  
Cream Yogurt  
Croutons  
Custard  
Curds

## **D**

Dairy  
Delactosed whey  
Demineralized whey  
Dextrin\*\*\*\* see below  
Durum

## **E**

Edible Starch  
Einkorn Wheat

## **F**

Farina  
Filler  
Fu (dried wheat gluten )  
NONE of the following Flours:  
Barley flour  
Bleached All-Purpose Flour  
Bread Flour  
Brown Flour  
Durum flour  
Enriched Flour  
Gluten Flour  
Graham Flour  
Granary Flour  
High protein Flour  
High Gluten Flour  
High Protein Flour  
Oat Flour  
Wheat Flour  
White Flour  
Whole-Meal Flour

## **G**

Galactose  
Germ  
Glutamate (Free)  
Glutamic Acid  
Gravy Cubes \*\*\*\* see below  
Gravy mixes (unless homemade with cornstarch)  
Ground Spices (some contain gluten)  
Gum Base

## **H**

Half & Half  
Hard Wheat  
Herbs with wheat fillers  
Hydrolysates:  
casein  
milk protein  
whey  
whey protein

Hordeum  
Hydrolyzed oat starch  
Hydrolyzed Plant Protein (HPP)  
Hydrolyzed Vegetable Protein HVP

## **J**

Job's Tears (aka Pearl Barley)

## **K**

Kamut (Pasta wheat)

## **L**

Lactic Acid (may or may not contain milk ) If listed as an ingredient verify source with manufacturer!  
Lactic Acid starter may contain milk If listed as an ingredient verify source with manufacturer!  
Lactoglobulin  
Lactalbumin  
Lactalbumin phosphate  
Sodium lactylate (may or may not contain casein)  
Lacto globulin  
Lactose  
Lactulose  
Lactylate\*\* (see below)

## **M**

Magnesium caseinate  
Malt/ Malt Extract/Malt Syrup/ Malt Flavoring (NOTE: malt can be derived from barley but also from corn. Always verify the source of malt with product's manufacturer!)

## **Milk Protein**

The following Ingredients may contain milk protein flavorings:

- Caramel coloring
- Brown sugar flavoring
- Bavarian cream flavoring
- Coconut cream flavoring
- Natural chocolate flavoring

## **NO Milk & NONE of the following milk products:**

- Milk derivatives:
- Milk powder
- Milk solids
- Malted milk
- Condensed milk
- Evaporated milk
- Dry milk
- Whole milk
- Low fat milk fat
- Nonfat milk
- Skim milk
- Goat's milk
- Milk cheese lactose
- Non-dairy creamer butter

Pudding  
Rennet casein  
Sour Cream  
Sour cream solids  
Sour milk solids  
Whey in all forms (including sweet, delactosed, protein concentrate)  
Yogurt

**Modified Food Starch** (source is either corn or wheat) Always verify with manufacturer if this is listed as an ingredient.

MSG  
Mustard Powder (some contain gluten)

**N**  
Natural Flavorings may sometimes contain hidden ingredients that contain gluten and/or casein. Any product with this listed as an ingredient should be called for verification.

**O**  
Oats  
Olestra (contains oats!)

**P**  
Pasta  
Pearl Barley  
Potassium Caseinate

**R**  
Rice Malt (contains barley or Koji)  
Rice Syrup (unless specified GF it contains barley enzymes)  
Rye  
Rye Semolina

**S**  
Sauce mixes (read labels carefully, often contain wheat)  
Seitan  
Semolina  
Semolina Triticum  
Scotch  
Shoyu (soy sauce)\*\*\*\* see below  
Soba Noodles  
Sodium Caseinate (contains MSG)  
Sodium lactylate \*\* (see below)  
Sodium Stearoyl Lactylate\*\* (see below)  
Soy sauce (unless specified GF)  
Spirits (Specific Types)  
Spelt  
Spelt Triticum spelta  
Spices with wheat fillers  
Starch (outside USA)  
Stativa  
Stock Cubes (many contain GLUTEN)

Strong Flour  
Suet in Packets  
Sulfites\*\*\*\*see below

## **T**

Teriyaki Sauce  
Tritical  
Triticale X triticosecale  
Triticum  
Hard Triticum

## **U**

Udon ( wheat noodles)

## **V**

Vegetable Starch  
(Malt) Vinegar  
(Flavored) Vinegar (verify ingredients in flavors)  
Vital Gluten  
Vitamins (some contain gluten)  
Vulgar

## **W**

Wheat  
Wheat bran  
Wheat Durum Triticum  
Wheat germ  
Wheat gluten  
Hard Wheat  
Wheat malt  
Wheat Nuts  
Wheat Oats  
Wheat Pasta  
Wheat starch  
Wheat Triticum aestivum  
Wheat Triticum mononocum  
Whole Wheat Berries

The following labeled ingredients may indicate the presence of wheat protein:

- Gelatinized starch
- Natural flavoring
- Hydrolyzed vegetable protein
- Modified food starch
- Modified starch

Check with company  
Whey (all forms Whey is dairy)  
Whey Protein concentrate  
Whey Sodium Caseinate  
White Grain Vinegar

## **Always read labels**

Note: Check ingredients listed on all products.

Luncheon meat, hotdogs, sausages may contain milk protein

## **Items made from wheat & flour**

All of the items listed below contain unacceptable ingredients. Most of these food items can be found without gluten and casein ingredients. Check your Health Food Stores and also the websites which are provided on the manufacturer's page of this website for many food items that are acceptable.

NO Biscuits  
NO Bread  
NO Bread crumbs  
NO Cake flour  
NO Cake & cake mixes  
NO Chow mein noodles  
NO Coffee creamer (all kinds)  
NO Cookies  
NO Cookie mixes  
NO Croutons  
NO Crackers  
NO Doughnuts  
NO Flavored prepackaged rice  
NO Flavored prepackaged pasta  
NO Flour tortillas  
NO Flavored instant coffee  
NO Flavored instant tea  
NO Ice cream cones  
NO Pasta  
NO Pizza  
NO Pretzels

Baby foods (read labels)

Cereal : most contain wheat & gluten, although there are exceptions; see cereal list

Hamburger patties: some contain fillers

Caramel Color\*\*\*\*(MAY indicate the presence of milk protein) The problem with caramel color is it may or may not contain gluten depending on how it is manufactured. In the U.S.A. caramel color must conform with the FDA standard of identity from 21CFR CH.1. This statute says: "the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: Dextrose (corn sugar), Invert sugar, Lactose (milk sugar), Malt syrup (usually from barley malt), Molasses (from cane), Starch Hydrolysates and fractions thereof (can include wheat), Sucrose (cane or beet)." Also, acids, alkalis and salts are listed as additives which may be employed to assist the caramelization process.

Calcium Disodium\*\*\*\*(This additive does NOT contain Gluten or Casein but many believe testing is overdue for this additive and it may be harmful)

Dextrin\*\*\*\* is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago starches, or by dry heating the starches after:(1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin. - May 1997 Sprue-Nik News.(1) Federal Register (4-1-96 Edition) 21CFR Ch.1, Section 184.12277. (2) Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

Miso\*\*\*\*Soybean paste fermented with barley, rice or other grain

Mono and diglycerides\*\*\*\* may contain a wheat carrier but if it does, it must state on the product label.

MSG Monosodium Glutamate\*\*\*\*Does NOT contain Gluten or Casein but certain individuals may be sensitive.

Shoyhu (soy sauce)\*\*\*\* Can utilize a gluten-containing grain or by-product in the manufacturing process.

Sulfites\*\*\*\* Do NOT contain Gluten or Casein but certain individuals may be sensitive to sulfites. They have been know to cause breathing problems, violent headaches, dizziness, hives and abdominal pain in certain sensitive individuals.

\*\*\*\* Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, Codex Alimentarius Quality wheat starch is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in the USA or Canada.

Aspartame, Nutrasweet and Equal: These additives do NOT contain Gluten or Casein but it is recommended by some that all foods containing these additives should be avoided. These are NOT considered healthy additives for anyone regardless of GFCF status. This means all sugar free foods should be very carefully checked. These substances are also found in a great number of medicines like children's acetaminophen and liquid suspensions.

#### **Additional Things to be Aware of:**

Rice Dream beverage production process utilizes barley enzymes.

Cross-contamination between food store bins selling raw flours and grains (usually via the scoops)

Wheat-bread crumbs in butter, jams, toaster, counter, etc

Lotions, creams and cosmetics

Stamps, envelopes or other gummed labels

Toothpaste and mouthwash

Medicines: many contain gluten

Cereals: most contain malt flavoring, or some other non-GF ingredient. See acceptable list for GFCF Cereals

**Miscellaneous.** The below products may contain Gluten or Casein. However, some of these products can be found that are GF/CF. (See Acceptable list)

Sauce mixes and sauces

Fish sauce

Catsup/Ketchup

Mustard

Mayonnaise

Ice Cream

Packet & canned soups

Dried meals and gravy mixes/cubes

Laxatives

Grilled restaurant food - gluten contaminated grill. Fried restaurant foods - gluten contaminated grease

Ground spices - wheat flour is commonly used to prevent clumping.

Some brands of rice paper

\*\*Not ALWAYS dairy-free, but often is. Made with a lactic acid base, which may or may not have dairy. Call the manufacturer and ask. If the food has a label of PARVE or a large "P", it is non-dairy (and kosher!)