

# Is it Gluten Free?

## A Basic Diet Guide for Celiacs

The gluten-free diet is confusing, especially at first. But getting the diet right is not all that difficult if you follow the basic guidelines below. In fact, the diet keeps getting easier for two reasons: The number of companies making gluten-free food is exploding while the list of forbidden ingredients is shrinking as we get smarter about what is and isn't gluten free. As you adjust to the diet, you will get smarter, too, because you have to read the label on everything you plan to eat. Due to space considerations, the following lists are not complete and we may learn more about the foods in the "maybe" column. For now, here are answers to your most basic ingredient questions.

### YES!

Foods made from grains (and grain-like plants) that do not contain harmful gluten, including: **Corn** in all forms (corn flour, corn meal, grits, etc.). **Rice** in all forms (white, brown, basmati and enriched rice). Also **amaranth, buck-wheat (kasha), Montina, millet, quinoa, tef, sorghum and soy.**

**The following ingredients:** Annatto, glucose syrup, lecithin, maltodextrin, oat gum, plain spices, silicon dioxide, starch, food starch and **vinegar\***.

Also citric, lactic and malic acids as well as sucrose, dextrose and lactose; and these baking products: arrowroot, corn starch, guar and xanthan gums, manioc (flour from sweet potatoes) potato starch flour and potato starch, vanilla.

Milk, butter, margarine, real (non-processed) cheese, plain yogurt and vegetable oils including canola.

Plain fruits and vegetables (fresh, frozen and canned)).

Plain meat, seafood and eggs.

Plain nuts, beans and legumes and flours made from them.

**\*Do not worry about distilled vinegar. It is gluten free. Malt vinegar, however, is not safe. That means condiments like ketchup and mustard as well as many salad dressings are highly likely to be gluten free. Read the labels.**

*This material is not intended to provide medical advice, which should be obtained directly from a physician.*

### NO

Foods made from grains that contain harmful gluten including: **Wheat** and any ingredient with wheat in its name (with the exception of buckwheat, which is gluten free); **rye, barley, malt** (almost always made from barley), **spelt, kamut, triticale.**

Also **durum, farina, einkorn, bulgar, cake flour, matzo and couscous**, which are all wheat products.

**The following ingredients:** Wheat starch, modified wheat starch, hydrolyzed wheat protein, malt (flavoring, syrup and extract) and malt vinegar.

Meat, poultry, seafood and Vegetables that are breaded, floured, served with a sauce made from wheat, or marinated in a mixture that contains gluten, such as soy and teriyaki sauces.

Licorice; nuts (if they are flavored with a gluten-containing ingredient).

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### MAYBE

Research says **oats are gluten free**, but are likely to be **contaminated with wheat**. So, **they are not considered safe.**

Some ingredients are almost always gluten free, but it's impossible to say so with 100 percent certainty.

**Mono and diglycerides and caramel color** are so highly likely to be GF, they can probably be labeled as such.

**Artificial and natural flavors** are very highly likely to be gluten free, except those in meat products and products that contain meat.

**Modified food starch** could be modified wheat starch. Research suggests most of the modified food starch used in the US is modified cornstarch.

**Dextrin**, which is rare, could be made from wheat.

Roughly half of all **soy sauces** are fermented from wheat and are not gluten free. The rest should be safe (read the label, front and back).

**Seasonings and seasoning mixes** are not clearly defined so you have to check to be sure they are gluten free. **Plain spices** are gluten free

**Real** cheese is gluten-free.

**Processed cheese** may contain gluten.

Most **flavored yogurts** are gluten -free as long as they do not include gluten-containing additions like granola.

**Distilled alcoholic beverages** are gluten free unless a gluten-containing ingredient is added after distillation.