

## SAFE Food Ingredients for a Gluten Free Diet (from [www.celiac.com](http://www.celiac.com) May '09)

Acacia Gum	Benzoic acid	Cetyl Stearyl Alcohol
Acesulfame K	Besan (Chickpea)	Champagne Vinegar
Acesulfame Potassium	Beta Glucan (from <a href="#">Oats</a> <sup>3</sup> )	Channa (Chickpea)
Acetanisole	Betaine	Chana Flour (Chickpea Flour)
Acetophenone	Beta Carotene	Cheeses - (most, but check ingredients)
Acorn Quercus	BHA	Chestnuts
Adipic Acid	BHT	Chickpea , aka Garbanzo beans
Adzuki Bean	Bicarbonate of Soda	Chlorella
Acacia Gum	Biotin	Chocolate Liquor
Agar	Blue Cheese	Choline Chloride
Agave	Brown Sugar	Chromium Citrate
Albumen	<a href="#">Buckwheat</a>	Chymosin
<a href="#">Alcohol (Spirits - Specific Types)</a>	Butter (check additives)	Citric Acid
Alfalfa	Butylated Hydroxyanisole	Citrus Red No. 2
Algae	Butyl Compounds	Cochineal
Algin	Calcium Acetate	Cocoa & Cocoa Butter
Alginic Acid	Calcium Carbonate	Coconut
Alginate	Calcium Caseinate	Coconut Vinegar
<i>ALL Fresh Vegetables &amp; Fruits</i>	Calcium Chloride	Collagen
Alkalized Cocoa	Calcium Disodium	Colloidal Silicon Dioxide
Allicin	Calcium Hydroxide	Confectioner's Glaze
Almond Nut	Calcium Lactate	Copernicia Cerifera
Alpha-amylase	Calcium Pantothenate	Copper Sulphate
Alpha-lactalbumin	Calcium Phosphate	<a href="#">Corn</a> , including but not limited to:
Aluminum	Calcium Propionate	Corn Gluten, Corn Masa Flour,
<a href="#">Amaranth</a>	Calcium Silicate	Corn Meal, Corn Flour, Corn
Ambergris	Calcium Sorbate	Starch, Corn Sugar, Corn Sugar
Ammonium Hydroxide	Calcium Stearoyl Lactylate	Vinegar. Corn Syrup. Corn Syrup
Ammonium Phosphate	Calcium Stearate	Solids. Corn Sweetener, Corn Vine
Ammonium Sulphate	Calcium Sulfate	gar, Corn Zein
Amylose	Calrose	Cortisone
Amylopectin	Camphor	Cotton Seed & Cottonseed Oil
Annatto	Cane Sugar	Cowitch
Annatto Color	Cane Vinegar	Cowpea
Apple Cider Vinegar	Canola (Rapeseed)	Cream of Tartar
Arabic Gum	Canola Oil (Rapeseed Oil)	Crospovidone
Arrowroot	Caprylic Acid	Curds
Artificial Butter Flavor	Carageenan Chondrus Crispus	Cyanocobalamin
Artificial Flavoring	Carbonated Water	Cysteine, L
Ascorbic Acid	Carboxymethyl Cellulose	Dal (Lentils)
Aspartame (can cause <a href="#">IBS</a> symptoms)	Carmine	D-Alpha-tocopherol
Aspartic Acid	Carnauba Wax	Dasheen Flour (Taro)
Aspic	Carob Bean & Bean Gum	Dates
Astragalus Gummifer	Carob Flour	D-Calcium Pantothenate
Autolyzed Yeast Extract	Carrageenan	Delactosed Whey
Avena Sativia ( <a href="#">Oats</a> <sup>3</sup> )	Casein	Demineralized Whey
Avena Sativia Extract (from <a href="#">Oats</a> <sup>3</sup> )	Cassava Manihot Esculenta	Desamidocollagen
Avidin	Castor Oil	Dextran
Azodicarbonamide	Catalase	Dextrose
Baking Soda	Cellulose <sup>1</sup>	Diocetyl Sodium
Balsamic Vinegar	Cellulose Ether	Diocetyl Sodium Solfosuccinate
Beeswax	Cellulose Gum	Dipotassium Phosphate
Beans, all fresh & dried	Cetyl Alcohol	

Disodium Guanylate  
 Disodium Inosinate  
 Disodium Phosphate  
[Distilled Alcohols](#)  
[Distilled Vinegar](#)  
[Distilled White Vinegar](#)  
 Dutch Processed Cocoa  
 EDTA (Ethylenediaminetetraacetic Acid)  
 Eggs, Egg Yolks or Egg Whites  
 Elastin  
 Ester Gum  
 Ethyl Alcohol  
 Ethylenediaminetetraacetic Acid  
 Ethyl Maltol  
 Ethyl Vanillin  
 Expeller Pressed Canola Oil  
 FD&C Blue No. 1 Dye or Lake  
 FD&C Blue No. 2 Dye or Lake  
 FD&C Green No. 3 Dye or Lake  
 FD&C Red No. 3 Dye  
 FD&C Red No. 40 Dye or Lake  
 FD&C Yellow No. 5 or 6 Dye  
 FD&C Yellow No. 6 Lake  
 Ferric Orthophosphate  
 Ferrous Gluconate  
 Ferrous Fumarate  
 Ferrous Lactate  
 Ferrous Sulfate  
 Fish (fresh)  
 Flaked Rice  
 Flax  
 Folacin  
 Folate  
 Folic Acid-Folacin  
 Formaldehyde  
 Fructose  
 Fruit, fresh or dried  
 Fruit Vinegar  
 Fumaric Acid  
 Galactose  
 Garbanzo Beans  
 Gelatin  
 Glucoamylase  
 Gluconolactone  
 Glucose  
 Glucose Syrup  
 Glutamate (free)  
 Glutamic Acid  
 Glutamine ([amino acid](#))  
 Glutinous Rice aka "sweet rice"  
 Glutinous Rice Flour  
 Glycerin  
 Glycerol Monooleate  
 Glycol Monosterate  
 Glycol  
 Glycolic acid  
 Gram flour (chick peas)  
 Grape Skin Extract  
 Grits, Corn  
 Guar Gum  
 Gum Acacia  
 Gum Arabic  
 Gum Base  
 Gum Tragacanth  
 Hemp & Hemp Seeds  
 Herbs  
 Herb Vinegar  
 Hexanedioic Acid  
 High Fructose Corn Syrup  
 Hominy  
 Honey  
 Hops  
 Horseradish (Pure)  
 Hyacinth Bean  
 Hydrogen Peroxide  
 Hydrolyzed Caseinate  
 Hydrolyzed Meat Protein  
 Hydrolyzed Soy Protein  
 Hydroxypropyl Cellulose  
 Hydroxypropyl Methylcellulose  
 Hypromellose  
 Illepe  
 Iodine  
 Inulin  
 Invert Sugar  
 Iron Ammonium Citrate  
 Isinglass  
 Isolated Soy Protein  
 Isomalt  
[Job's Tears](#)  
 Jowar (Sorghum)  
 Karaya Gum  
 Kasha (roasted buckwheat)  
 Keratin  
 K-Carmine Color  
 K-Gelatin  
 Koshihikari (rice)  
 Kudzu & Kudzu Root Starch  
 Lactalbumin Phosphate  
 Lactase  
 Lactic Acid  
 Lactitol  
 Lactose  
 Lactulose  
 Lanolin  
 Lard  
 L-cysteine  
 Lecithin  
 Lemon Grass  
 Lentils  
 Licorice (flavoring, not candy)  
 Licorice Extract  
 Lipase  
 L-leucine  
[L-lysine](#)  
 L-methionine  
 Locust Bean Gum  
 L-tryptophan  
 Magnesium Carbonate  
 Magnesium Hydroxide  
 Magnesium Oxide  
 Maize  
 Maize Waxy  
 Malic Acid  
 Maltitol  
 Maltodextrin  
 Maltol  
 Manganese Sulfate  
 Manioc  
 Masa (corn), Masa Flour or Harina  
 Meat (fresh)  
 Medium Chain Triglycerides  
 Menhaden Oil  
 Methyl Cellulose<sup>2</sup>  
 Microcrystalline Cellulose  
 Micro-particulated Egg White Protein  
 Milk  
 Milk Protein Isolate  
[Millet](#)  
 Milo (Sorghum)  
 Mineral Oil  
 Mineral Salts  
 Molybdenum Amino Acid Chelate  
 Monocalcium Phosphate  
 Monopotassium Phosphate  
[monosaccharides](#)  
 Monosodium Glutamate (MSG)  
 Monostearates  
 MSG  
 Mung Bean  
 Musk  
 Mustard Flour  
 Myristic Acid  
 Natural Smoke Flavor  
 Niacin-Niacinamide  
 Neotame  
 Niacin  
 Niacinamide  
 Nitrates  
 Nitrous Oxide  
 Non-fat Milk  
 Nuts (except wheat, rye & barley)  
 Nut, Acorn  
 Nut, Almond or Almond Butter

<a href="#">Oats</a> <sup>3</sup>	Propylene Glycol Monosterate	Sodium Sulphite
Oils and Fats	Propyl Gallate	Sodium Stannate
Oleic Acid	Protease	Sodium Tripolyphosphate
Oleoresin	Psyllium	Sorbic Acid
Olestra	Pyridoxine Hydrochloride	Sorbitan Monostearate
Oleyl Alcohol/Oil	<a href="#">Quinoa</a>	Sorbitol-Mannitol (can cause IBS symptoms)
Orange B	<a href="#">Ragi</a>	<a href="#">Sorghum</a> & Sorghum Flour
Oryzanol	Raisin Vinegar	Soy & Soybean
Palmitic Acid	<a href="#">Rape</a>	Soy Lecithin
Pantothenic Acid	Recaldent	Soy Protein
Papain	Reduced Iron	Soy Protein Isolate
Paprika	Rennet & Rennet Casein	Spices (pure)
Paraffin	Resinous Glaze	<a href="#">Spirits (Specific Types)</a>
Partially Hydrogenated Cotton seed Oil or Soybean Oil	<a href="#">reticulin</a>	Spirit Vinegar
Peas, all fresh and dried	Riboflavin	Stearates
Pea Flour, Pea Starch	Rice, Rice (Enriched), Rice Flour	Stearamide
Peanuts & Peanut Flour	Rice Starch, Rice Syrup, Rice Vinegar	Stearamine
Pectin	Ricinoleic Acid	Stearic Acid
Pectinase	Romano Bean (chickpea)	Stearyl Lactate
Peppermint Oil	Rosematta	Stevia
Peppers	Rosin	Sunflower Seed
Pepsin	Royal Jelly	Succotash (corn and beans)
Peru Balsam	Saccharin	Sucralose
Petrolatum	Saffron	Sucrose
PGPR (Polyglycerol Polyricinoleate)	Sago, Sago Palm, Sago Flour, Sago Starch	Sulfosuccinate
Phenylalanine	Saifun (bean threads)	Sulfites
Phosphoric Acid	Salt	Sulfur Dioxide
Phosphoric Glycol	Seaweed	Sweet Chestnut Flour
Pigeon Peas	Seeds (except wheat, rye & barley)	Tagatose
Polenta	Sesame Seeds	Tallow
Polydextrose	Shea	Tapioca, Tapioca Flour, Tapioca Starch
Polyethylene Glycol	Sherry Vinegar	Tara Gum
Polyglycerol	Silicon Dioxide	Taro & Taro Root
Polyglycerol Polyricinoleate (PGPR)	Soba (be sure its 100% buckwheat)	Tartaric Acid
Polysorbates	Sodium Acid Pyrophosphate	Tartrazine
Polysorbate 60	Sodium Acetate	TBHQ is Tetra or Tributylhydroquinone
Polysorbate 80	Sodium Alginate	Tea
Potassium Benzoate	Sodium Ascorbate	Tea-Tree Oil
Potassium Caseinate	Sodium Benzoate	<a href="#">Teff</a> & Teff Flour
Potassium Citrate	Sodium Caseinate	Tepary Bean
Potassium Iodide	Sodium Caseinate	Textured Vegetable Protein
Potassium Lactate	Sodium Citrate	Thiamin Hydrochloride
Potassium Matabisulphite	Sodium Erythrobate	Thiamine Mononitrate
Potassium Sorbate	Sodium Hexametaphosphate	Thiamine Hydrochloride
Potatoes, Potato Flour, Potato Starch	Sodium Lactate	Titanium Dioxide
Povidone	Sodium Lauryl Sulfate	Tofu (Soy Curd)
Prinus	Sodium Metabisulphite	Tolu Balsam
Pristane	Sodium Nitrate	Torula Yeast
Propolis	Sodium Phosphate	Tragacanth & Tragacanth Gum
Propylene Glycol	Sodium Polyphosphate	Triacetin
	Sodium Silaco Aluminate	Tricalcium Phosphate
	Sodium Stearoyl Lactylate	

Trypsin  
Turmeric (Kurkuma)  
TVP  
Tyrosine  
Urad/Urid Beans  
Urad/Urid Dal (peas)  
Urad/Urid flour  
Urd  
Vinegar (All except Malt)  
Vanilla Extract  
Vanilla Flavoring  
Vanillin  
Vegetables, all fresh/plain  
[Vinegars \(Specific Types\)](#)  
Vitamin A (retinol)  
Vitamin A Palmitate  
Vitamin B1  
Vitamin B-12  
Vitamin B2  
Vitamin B6  
Vitamin D  
Vitamin E Acetate  
Waxy Maize  
Whey  
Whey Protein Concentrate  
Whey Protein Isolate  
White Vinegar  
[Wines](#)  
Wine Vinegars (& Balsamic)  
Wild Rice  
Xanthan Gum  
Xylitol  
Yam Flour  
Yeast, Nutritional Yeast & Baker's Yeast  
Yogurt (plain, unflavored)  
Zinc Oxide  
Zinc Sulfate

1) Cellulose is a carbohydrate polymer of D-glucose. It is the structural material of plants, such as wood in trees. It contains no gluten protein.

2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in rice-based breads, etc.

3) Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also have an additional, unrelated intolerance to them. Cross contamination with wheat is also a factor that you need to consider before choosing to include oats in your diet.