

## NO to these Gluten Ingredients:

*Adapted from CCA Pocket Dictionary 2018*

Asafoetida *spice containing wheat	Matzo, Matzo Meal
Atta (chapati flour)	Modified Wheat Starch
Barley (flakes, flour, pearl)	Mirin (rice wine fermented wheat)
Breading	Oat Bran***
Brewers Yeast **	Oats***Unless Pure Uncontaminated
Bulgar, Burghul	Rye
Couscous	Seitan *
Durum, Dinkel	Semolina
Einkorn*	Soba, Soya Sauce *usually c/ wheat
Emmer*	Spelt (Dinkel)*
Farro* , Faro, Farina	Spices (check)
Flour (Wheat), or White Flour *	Triticale
Fu * (dried gluten product Asian foods)	Vinegar Apple cider – always safe
Gluten	Vinegar Balsamic: check ingredients
Graham Flour	Vinegar Rice: can contain Barley malt, check ingredients
Hydrolized Wheat Protein	Vinegar White: Pure – always safe
Kamut*	Wheat
Lager, Porter **	Wheat Bran
Malt**	Wheat Germ
Malt Extract**	Wheat Starch
Malt Flavouring**	Worchestershire **
Malt Syrup**	Yeast Brewers **

\* Types of wheat  
 \*\* Derived from barley  
 \*\*\* Small amounts of pure, uncontaminated oats are safe for those with celiac disease.  
**Most commercially available oats are contaminated with wheat or barley.**

**Statements:**  
**May Contain\*** if a gluten ingredient is listed the product is not ok  
**Contains\*** if one allergen is listed, all allergens must be listed



## Gluten Free Groceries



*Look for the CCA Certified Gluten Free Symbol*

**Dairy & Deli** \*watch for non-dairy alternatives with gluten additives, watch for cross contact at the deli counter

**Vegetables & Fruits** \* fresh & frozen safe, watch for gluten additives to frozen mixes and canned sauces

**Meat & Proteins** \* watch for processed meats with added gluten

**Whole Grains & Pantry Items** \*read all ingredients carefully