

# SOURCES OF GLUTEN

This is an extended Chart from the cookbook "Creative Food Gluten Free - Everyday Meals & Entertaining" by Kate Gilbert

<b>Foods To Use – No Gluten</b>	<b>Potential For Gluten</b> These ingredients/foods can be derived from a gluten source, but also from gluten free sources as well. You should be able to find a gluten free variety, but always remember to check your ingredient list.	<b>Foods To Avoid</b>
<p>Arrowroot Besan (chickpea flour) Buckwheat Buckwheat flour Bread – gluten free Butter Cereal – gluten free brands Cheese – Cheddar, soft, cream cheese* Citric acid Cocoa - pure Condensed milk Corn/Maize Dextrose (corn or wheat) Eggs Egg replacer Evaporated skim milk Fish – fresh, Fruit – fresh, dried, canned, frozen Gelatine Golden syrup Guar gum Hazelnut meal Herbs &amp; spices – fresh, dried Icing sugar (pure) Jam &amp; marmalade Jelly Lentil flour Lupin LSA mix (linseed, sesame, almond) Honey Margarine Meat - unprocessed Maize (cornflour/corn starch) Maple syrup Millet</p> <p>Poultry – plain; no seasoning or stuffing Quinoa Rice – all Rice crumbs Rice flour Rice, ground Rice noodles – flat, round, stick/vermicelli Rice paper Sago Seeds Sour cream Sorghum Soy flour Soy sauce – Tamari Japanese wheat free Spirits &amp; liqueurs Taco shells - hard Tapioca Tea – black, herbal Tomato paste Tomato sauce Treacle Vinegar – all except malt vinegar Vege spread Vegetables – fresh, dried, frozen Wine Xanthan gum Yeast</p>	<p>Almond meal Baby food jars/pre-mixes Baking powder BBQ Sauce Cake decorations - edible Canned food Cheese spreads, sticks Chewing gum Chocolate - plain, with fillings, drinking Coffee or hot chocolate from vending machines (may be bulked with wheat flour) Cordial (barley) Corn flour Custard powder Dextrin – glue sometimes used in postage stamps and envelopes (may be derived from a wheat source) Dips Frozen oven potato chips (coated with wheat flour) Gravy mix Hoi Sin Sauce Hot potato chips (contaminated with battered products used in same oil) Ice cream Imitation seafood Icing mixture Lollies (candy) Mayonnaise Mint sauce Marshmallows Mustard (jars, powder) Maltodextrin Marinades Meat – processed Medications Nuts – flavoured, roasted Oyster Sauce Pasta sauces Pavlova shells, nests Pickles</p>	<p>Barley Barley grass (can contain seeds) Barley malt Batter (wheat flour) Beer Biscuits Bleached flour Bran Bread – wheat, rye, flat, pita, 'mountain' bread etc. Bread crumbs Bread flour Brewer's yeast Bulgur Bulgar wheat Cakes Cereal binding Cereals – most commercial varieties Couscous Durum wheat Edible starch (wheat) Filler Gravy (commercially prepared) Gum base (wheat) Ice cream cones Kamut (pasta wheat) Malt (Including: extract, flavouring, syrup, vinegar) Modified starch (wheat) Muffins (commercial) Noodles (egg, udon, wheat) Oatbran Oatmeal Oats Pasta Pastries – pies, pasties, sausage rolls, sweet Potato crisps Seitan Semolina Spelt</p>

<p>Modified maize starch Mustard – dried and seeds Nuts - plain Oil Olives – plain Pea flour Peanut butter Polenta (cornmeal) Potato flour Psyllium Pulses – lentils, chickpeas, kidney beans, split peas etc. Sugar</p> <p><b>*Note: there are gluten free commercially prepared cakes, muffins, slices, pastries, pies, sausage rolls available from some restaurants and food stores. Just ask! If not, go to the next store that WILL cater for you.</b></p>	<p>Pappadums Potato crisps – plain Pre-gel starch Pre-packaged jar/tube of pureed herbs Protein powders Relish Rice cakes / crackers Salad dressings Satay sauce Seasonings Spices (ground) Stock cubes / liquid / packaged Sauces, sweet chilli, tartare, sweet soy sauce, soy sauce Sausages Tuna (canned) TVP (textured vegetable protein) UHT milk, soy milk Vitamins Worcestershire sauce Yoghurt</p>	<p>Starch (wheat) Tabasco sauce Tabbouleh Teriyaki sauce Triticale Waffles Wheat Wheat bran Wheaten cornflour / cornstarch Wheat flour Wheat germ / oil Wheat grass (can contain seeds) Wheat starch Whole meal flour Wild einkorn (triticum boeoticum) Wild emmer (triticum dicoccoides) Vegemite</p>
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