

Ingredient Keywords to Look Out For

It can take a while to learn which foods are safe for celiac patients to eat and which are unsafe. Here are some common keywords to look out for when doing your gluten-free shopping:

Unsafe Ingredients

Oats: Commercially produced oats may have significant amounts of wheat and barley to make them unsafe for people with celiac disease. Look for oats that are processed without contamination, which will be labeled as gluten-free.

Rye: Rye is usually used in rye and pumpernickel breads. In rye Whisky, the gluten will be removed in the distilling process.

Wheat: If you happen to see “flour” or “bran” on the ingredient label, it is best to assume that the source is wheat and forget about the product.

Barley or Malt: Anything with “barley” or “malt” should be skipped. “Malt” labeled as “corn” or “rice” should be safe. All non-gluten-free beer has barley malt.

Soy Sauce and Soy Sauce Powder: Soy sauces will list “wheat” or “barley” in the ingredients. Watch out for sauces that have “soy sauce” in the ingredients.”

Seasonings: Sometimes you’ll just find the word “seasoning” in a product’s ingredients. In this case, it’s best to skip the product. Most products will list the seasoning ingredients in brackets, however.

Questionable Ingredients

People continue to argue whether the following ingredients have gluten:

Maltodextrin

Vanilla

Natural flavors

MSG

Caramel coloring

Distilled alcohol

Resources:

Newell, Sue. “Finding gluten in ingredient lists: the six key ingredients you need to watch for.”
<http://www.learn-to-eat-gluten-free.com>

Celiac.com: Unsafe Gluten-Free Food List (Unsafe Ingredients) <http://www.celiac.com/articles/182/1/Unsafe-Gluten-Free-Food-List-Unsafe-Ingredients/Page1.html>

Your Dependable Celiac and Gluten-Free Resource Guide

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