

# Safe Gluten-Free Food List (Safe Ingredients)

Acacia Gum	Calcium Stearate	Fructose
Acorn Quercus	Calcium Sulfate	Fruit (including dried)
Adipic Acid	Camphor	Fumaric Acid
Adzuki Bean	Canola Oil (Rapeseed Oil)	Gelatin
Acacia Gum	Caprylic Acid	Glutamate (free)
Agar	Carageenan Chondrus	Glutamic Acid
Alcohol (Spirits - Specific Types)	Crispus	Glutamine (amino acid)
Alfalfa	Carboxymethylcellulose	Glycerides
Algae	Carnauba Wax	Glycerol Monooleate
Algin	Carob Bean	Glycol Monosterate
Alginate	Carob Bean Gum	Glycol
Allicin	Carob Flour	Glycolic acid
Almond Nut	Carrageenan	Gram flour (chick peas)
Aluminum	Casein	Grits, Corn
Amaranth	Cassava Manihot Esculenta	Guar Gum
Annatto	Castor Oil	Hemp
Annatto Color	Cellulose1	Herbs
Apple Cider Vinegar	Cellulose Gum	Honey
Arabic Gum	Cetyl Alcohol	Hyacinth Bean
Arrowroot	Cheeses	Hydrogen Peroxide
Artichokes	- (check ingredients)	Hydrolyzed soy protein
Artificial Flavoring	Chestnuts	Iodine
Aspartame (can cause IBS symptoms)	Chickpea	Inulin
Aspic	Chlorella	Invert Sugar
Ascorbic Acid	Chymosin	Jobs Tears
Astragalus Gummifer	Citric Acid	Kasha (roasted buckwheat)
Baking Soda & Powder (check)	Collagen	Keratin
Balsamic Vinegar	Corn	Kudzu Root Starch
Beans	Corn Gluten	Lactic Acid
Bean, Adzuki	Corn Meal	Lactose
Bean, Hyacinth	Corn Flour	Lanolin
Bean, Lentil	Cornstarch	Lecithin
Bean, Mung	Corn Syrup	Lentil
Bean Romano (Chickpea)	Corn Syrup Solids	Lipase
Bean Tepary	Corn Sweetener	Locust Bean Gum
Benzoic acid	Cortisone	Magnesium Carbonate
Besan	Cotton Seed Oil	Magnesium Hydroxide
Betaine	Cowitch	Maize
BHA	Cowpea	Maize Waxy
BHT	Cream of Tartar	Malic Acid
Beta Carotene	Cysteine, L	Maltitol
Bicarbonate of Soda (check)	Demineralized Whey	Maltodextrin
Biotin	Desamidocollagen	Manioc
Buckwheat	Dextrose	Masa
Butter (check additives)	Diocetyl Sodium	Masa Flour
Butylated Hydroxyanisole	Distilled Vinegar	Masa Harina
Butyl Compounds	Eggs	Meat (fresh)
Calcium Carbonate	Elastin	Methyl Cellulose2
Calcium Caseinate	Ester Gum	Microcrystallin Cellulose
Calcium Chloride	Ethyl Alcohol	Milk
Calcium Disodium	Ferrous Gluconate	Millet
Calcium Phosphate	Fish (fresh)	Milo
Calcium Silicate	Flaked Rice	Mineral Oil
	Flax	Mineral Salts
	Folic Acid-Folacin	Mono and Diglycerides
	Formaldehyde	

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Monosodium Glutamate	Scotch Whisky	Tofu-Soya Curd
MSG (made in USA)	Seaweed	Tolu Balsam
Monopotassium Phosphate	Seeds (except wheat, rye & barley)	Tragacanth
Mung Bean	Seed - Sesame	Tragacanth Gum
Musk	Seed - Sunflower	Tri-Calcium Phosphate
Niacin-Niacinamide	Sphingolipids	Turmeric (Kurkuma)
Nuts (except wheat, rye & barley)	Soba (be sure its 100% buckwheat)	Tyrosine
Nut, Acron	Sodium Acid Pyrophosphate	Urad/Urid Beans
Nut, Almond	Sodium Alginate	Urad/Urid Dal (peas)
Oats <sup>3</sup>	Sodium Ascorbate	Vegetables
Oils and Fats	Sodium Benzoate	Urad/Urid flour
Oleyl Alcohol/Oil	Sodium Caseinate	Vinegar (All except Malt)
Paraffin	Sodium Citrate	Vanilla Extract
Peas	Sodium Erythrobrate	Vanilla Flavoring
Pea - Chick	Sodium Hexametaphosphate	Vanillin
Pea - Cow	Sodium Lauryl Sulfate	Vinegars (Specific Types)
Pea Flour	Sodium Nitrate	Vitamin A (retinol)
Pepsin	Sodium Phosphate	Waxy Maize
Peru Balsam	Sodium Silicoaluminat	Whey
Petrolatum	Sodium Stannate	White Vinegar
Phenylalanine	Sorbic Acid	Wines
Pigeon Peas	Sorbitol-Mannitol (can cause IBS symptoms)	Wine Vinegars (& Balsamic)
Polenta	Sorghum	Wild Rice
Polyethylene Glycol	Sorghum Flour	Xanthan Gum
Polyglycerol	Soy	Yam Flour
Polysorbates	Soybean	Yogurt (plain, unflavored)
Potassium Citrate	Soy Lecithin	
Potassium Iodide	Spices (pure)	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.
Potassium Sorbate	Spirits (Specific Types)	
Potatoes	Stearates	
Potato Flour	Stearamide	2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in rice-based breads, etc.
Prinus	Stearamine	
Pristane	Stearic Acid	
Propolis	Subflower Seed	
Propylene Glycol	Succotash (corn and beans)	
Propylene Glycol Monosterate	Sucrose	
Propyl Gallate	Sulfosuccinate	
Psyllium	Sulfites	
Pyridoxine Hydrochloride	Sulfur Dioxide	
Quinoa	Sweet Chestnut Flour	
Ragi	Tallow	
Rape	Tapioca	
Rennet	Tapioca Flour	
reticulin	Tarrow Root	
Rice	Tartaric Acid	
Rice (Enriched)	TBHQ is Tetra or Tributylhydroquinone	
Rice Flour	Tea	
Rice Vinegar	Tea-Tree Oil	
Romano Bean (chickpea)	Teff	
Rosin	Teff Flour	
Royal Jelly	Tepary Bean	
Sago Palm	Thiamine Hydrochoride	
Sago Flour		
Saifun (bean threads)		
		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.