

The information below was obtained from the **Gluten Free Living** magazine website <http://glutenfreeliving.com/>  
 And the **Clan Thompson** website <http://www.clanthompson.com/>  
 The information is also consistent with that in **Shelley Case's** book "Gluten Free Diet" [www.glutenfreediet.ca](http://www.glutenfreediet.ca)

Ingredient	Gluten Free Living magazine	Clan Thompson website
<b>Amaranth</b>	A healthy gluten-free plant similar to grains.	Gluten free: Yes. Vegetarian: Yes.
<b>Annatto color</b>		<b>Gluten free: Yes. Vegetarian: Yes.</b> <b>Comments: Derived from the seed of the Annatto tree.</b>
<b>Buckwheat</b>	Despite the name, buckwheat is a fruit so it's gluten free. It is no more likely to be contaminated than any grain, but it is sometimes mixed with wheat flour, so you can't automatically assume all buckwheat products are gluten free. Always read the label. Buckwheat is nutritious and adds variety to the gluten-free diet.	Gluten free: Yes. Vegetarian: Yes. <b>Comments:</b> Despite its name, this is a member of the asparagus family, NOT the wheat family. It is gluten free, but should be checked since it's often sold as a blend of buckwheat and wheat.
<b>Caramel color</b>	According to the FDA Code of Federal Regulations (CFR), caramel color can be made from barley malt. But US companies use corn because it makes a better product.	Gluten free: Unknown. Vegetarian: Yes. <b>Comments:</b> The FDA allows barley malt - starch hydrolysates - lactose or other ingredients to be used, but we could not find any US manufacturers who use gluten containing ingredients in caramel color.
<b>Citric Acid</b>	This ingredient is gluten free.	Gluten free: Yes. Vegetarian: Yes.
<b>Dextrin</b>	According to the CFR, dextrin can be made from corn, potato, arrowroot, rice, tapioca or wheat. Major dextrin-producing companies in the US say they use corn. However, imported dextrin could be made from wheat.	Gluten free: Unknown. Vegetarian: Yes. <b>Comments:</b> Almost always made from corn but can be made from wheat. Beginning on January 1, 2006 the new US labeling law will require that wheat be declared on the label if it is the source of the dextrin.
<b>Flavors</b>	Flavors are tricky. It is often difficult to find out what is in a flavoring. But according to the Flavor Extract Manufacturers Association, gluten-containing grains are rarely used in flavoring except in meat products and products that contain meat.	Gluten free: Unknown. Vegetarian: Unknown. <b>Comments:</b> May contain gluten, especially in meat products. May be animal derived.
<b>Hydrolyzed vegetable protein (HVP) or Hydrolyzed Plant Protein (HPP)</b>	These ingredients should not be confusing. Ten years ago the FDA said food processors had to identify the vegetable or plant by name. So, food labels might list "hydrolyzed wheat protein" (unsafe) or "hydrolyzed soy protein" (safe), for example.	Gluten free: Unknown. Vegetarian: Yes. <b>Comments:</b> Don't use unless it's from corn or soy.
<b>Isomalt</b>		Gluten free: Yes. Vegetarian: Unknown. <b>Comment:</b> This sweetener is gluten free in spite of its name.
<b>Malt</b>	Although there is a slight chance that "malt" is made from corn, it is almost always derived from barley so it contains gluten. Malt extract, malt syrup and malt flour are made from barley. So is malt vinegar and it is not distilled, so it could contain gluten.	Gluten free: Unknown. Vegetarian: Yes. <b>Comments:</b> Usually derived from barley. Don't use unless it's derived from corn.

<b>Maltodextrin</b>	When labeled as “maltodextrin” in the US, this ingredient must be made from corn, potato or rice but not wheat. Confusion comes from the name. Malt is usually made from barley and dextrin can be made from wheat. But maltodextrin is gluten free. Recently there has been some evidence that wheat might be used to produce maltodextrin. If it is, the label will specifically say “wheat maltodextrin” or “maltodextrin (wheat).”	Gluten free: Yes. Vegetarian: Yes. Comments: This is prepared as a white powder or concentrated solution by partial hydrolysis of corn starch – potato starch or rice starch with safe and suitable acids and enzymes. It is gluten free when it appears in foods, vitamins, minerals or nutritional supplements.
<b>Modified Food Starch</b>	(See starch)	Gluten free: Unknown. Vegetarian: Yes. Comments: Only use arrowroot, corn, maize, potato, tapioca.
<b>Mono and diglycerides</b>	Mono and diglycerides are fats and therefore gluten free. But there has been concern that a gluten-containing carrier might be used to make them perform as the food processor wants. Research indicates that this rarely happens and when it does, the carrier should be declared.	Gluten free: Unknown. Vegetarian: Unknown. Comments: This ingredient is GF but may contain a wheat carrier. If it does - it must state it on the label. Most major manufacturers do not use a carrier. May be derived from animals or plants or produced synthetically.
<b>Oats</b>	When wheat was identified as a cause of celiac disease, rye, barley and oats were also included on the list of toxic grains. But in recent years, several well respected research studies strongly suggest that oats do not belong on the list. However, growing conditions and the appearance of the grain make it very likely that oats are easily contaminated with wheat. Therefore US celiac experts have not yet approved oats for the gluten-free diet.	
<b>Oat gum</b>	Oat gum is rarely used as an ingredient. But when it is, it should be gluten free. Gluten is a protein and oat gum is made from the carbohydrate portion of oats. Moreover, researchers now say oats are gluten free.	
<b>Quinoa</b>	An ancient grain-like plant from South America that is gluten-free. It is no more likely to be contaminated with gluten than any other gluten-free plant. Quinoa is nutritious and adds variety to the gluten-free diet.	Gluten free: Yes. Vegetarian: Yes.
<b>Rice Syrup</b>	(From Shelley Case’s book) Most rice syrup in North America are gluten free . Occasionally it is made with barley malt enzymes which may contain low levels of residual gluten.	Gluten free: Unknown. Vegetarian: Yes. Comments: May contain barley malt.
<b>Soy Sauce</b>	Some (but not all) contain wheat. Read the label.	Gluten free: Unknown. Vegetarian: Unknown. Comments: May contain wheat.

<b>Spelt</b>	Spelt is a form of wheat. In the past, some spelt producers have labeled their product as "gluten free," which is incorrect. Although those who are <i>allergic</i> to wheat may be able to tolerate spelt, it is still a form of wheat and therefore not gluten free.	Gluten free: No. Vegetarian: Yes. Comments: This grain is related to wheat and is NOT gluten free.
<b>Spices</b>	Pure spices are gluten free. Bottled spices often contain something to keep the spice free flowing. Usually it's silicon dioxide, which is gluten free. If a spice container does not have a list of ingredients on the label, the only thing it contains is the spice indicated.	
<b>Seasonings</b>	Seasonings have not been defined by the FDA and therefore could contain anything. Sometimes the contents of a seasoning are included on the label in parenthesis.	
<b>Starch</b>	On a <u>food</u> label, starch always indicates cornstarch. That's the only certainty. Although usually made from corn, modified food starch can be made from wheat. In <i>pharmaceuticals</i> , both starch and modified food starch can be made from wheat.	Gluten free: Unknown. Vegetarian: Yes. Comments: When listed on a US food manufacturer's ingredient list, it can only be cornstarch. Not necessarily true for drugs.
<b>Vanilla</b>	Vanilla and vanilla extract are gluten free.	
<b>Vinegar</b>	Distilled vinegar is gluten free and has always been gluten free. There is no evidence that suggests vinegar might be dangerous for those who follow the gluten-free diet. The only vinegar to avoid is malt vinegar, which is not distilled.	Gluten free: Yes. Vegetarian: Yes. Comments: All vinegar except Malt vinegar is distilled. Even when gluten containing grains are used as the starting mash in alcohol, the protein can't get into the final product and the resultant liquid should be gluten free unless a gluten-containing additive is inserted after the distillation process. Malt vinegars are fermented and are not gluten free. Those who want to avoid vinegars made from gluten containing grains can use apple cider vinegar, balsamic vinegar and wine vinegars.
<b>Wheat Starch</b>	Wheat starch is wheat with the gluten washed out. A special grade of wheat starch is permitted on the gluten-free diet in some European countries, but it is not permitted here in the US. That's because the washing process is rarely complete and wheat starch usually contains residual gluten.	
<b>Yeast</b>	All brand-name packaged yeasts sold in the US are gluten free. Autolyzed yeast in a food product is generally considered gluten free. Brewers yeast, when it's a by-product of beer, is not considered gluten free. Brewers yeast nutritional supplements, however, can be made from either brewer's yeast or sugar. If made from sugar, they are gluten free.	