

## **Questionable Ingredients for a Gluten Free Lifestyle:**

(List compiled by Lori Bakes 2007)

### **Wheat Starch**

Some proponents believe that wheat starch is “starch granule protein” rather than gluten so they think it is safe on a GF diet.

Most groups in the U.S. and Canada have not accepted it as safe.

### **Modified Food Starch**

This can come from corn, tapioca, potato, wheat, or other starches but in North America it is usually derived from non-gluten containing sources.

### **Flavorings (Natural & Artificial)**

It is often difficult to find out exactly what is in a flavoring but if wheat is present label should represent that fact.

Gluten containing grains are rarely used in a flavoring except in meat products.

### **Malt**

Almost always derived from barley so not allowed on a GF diet which includes malt vinegar, malt extract, malt syrup and malt flour.

Sometimes malt is made with corn and therefore would be gluten free but usually specified as such.

### **HVP, HPP, TVP (Hydrolyzed/Texturized Vegetable/Plant Protein)**

May be derived from a gluten source which must be listed as such on the ingredients label.

### **Caramel Color**

Two companies in the US make caramel color. Both have stated they use corn or burnt sugar and NOT a gluten source so caramel color is most likely safe.

### **Dextrin**

This is a hydrolyzed starch that is usually from non-gluten sources but can be made from wheat if it is imported from outside of the U.S. so avoid unless you know the source.

### **Miso**

A Japanese culinary staple produced by fermenting rice, barley and/or soybeans.

Most typical miso is made with soy but large variety is available so must know source.

### **Maltodextrin**

The name is confusing (malt/dextrin) but in the U.S. this starch is made from corn, rice or potatoes but if from outside of the U.S. if it is made from wheat, it should be specified as such.

### **Ground Spices, Herbs, Seasonings**

Pure spices do not include gluten but fillers, carriers or anti-caking ingredients may contain gluten. Seasonings sometimes contain a carrier made from wheat or wheat starch.

### **Mono- and diglycerides**

These are fats and therefore naturally gluten free but there is a concern that food manufacturers may use a gluten carrier when they are used in the wet form.

This is rare but when it happens the gluten containing carrier should be listed.

### **Starch**

In the U.S. on a food product the word "starch" is meant it is made from corn.

In pharmaceuticals, both "starch and modified food starch" can be made from wheat.

### **Glucose Syrup and Smoke Flavoring**

Both of these can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient.

### **MSG**

Foreign sources of MSG usually contain gluten-containing grains but U.S. food producers may be importing this product.

In the U.S. the source of MSG usually utilizes a source substance of cane, beets or tapioca starch. A small percentage of producers may be using wheat gluten.

### **Emulsifiers**

Emulsifiers alter the surface properties of other ingredients they contact; emulsifiers may contain gluten from grain.

### **Malto-Dextrose**

Maltose and dextrins that may be obtained by enzymatic action of barley malt or acorn flour so this must be avoided if the source is unknown.

### **Fillers**

Usually the 'fillers' are called out on the ingredients list so you'll know for sure what's in them