

Bread crumbs

Bulgur

Cereal extract

Club wheat

Couscous

Cracker meal

Durum

Einkorn

Emmer

Farina

Flour

(all purpose, bread, cake, durum, enriched, graham, high gluten, high protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)

Glucose syrup *(liquid sweetener; wheat syrup used mostly in Europe)*

Hydrolyzed wheat protein

Kamut

Matzoh, matzoh meal

Pasta

Seitan

Semolina

Surimi *(imitation crab)*

Soy Sauce *(check the brand)*

Spelt

Sprouted wheat

Starch

(gelatinized starch, modified starch, modified food starch, vegetable starch) Corn starch is okay.

Triticale

Vital wheat gluten

Wheat

(bran, durum, germ, gluten, grass, malt, sprouts, starch)

Wheat bran hydrolysate

Wheat germ oil

Wheat grass

Wheat protein isolate

Whole wheat berries

Gluten Allergy

Ingredients to Avoid