

Gluten?

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It can be confusing to know which grains and cereals contain gluten because there are so many. Here is a list of common grains/foods that contain gluten or are gluten free.

Contain Gluten

WHEAT:

Atta, bulghar (burghul), couscous, durum, farina, graham, semolina, spelt, wheat starch, khorasan. Commonly used to make pasta, noodles, crumbs, biscuits.

RYE:

Flour, meal, breads, crispbreads and pumpnickel

BARLEY:

Barley flakes, pearl barley, malt, malt flavouring, malt extract, malt syrup, malt vinegar, beer, stout, ale, lager, guinness, BARLEYmax™, vegemite

TRITICALE:

Combination of wheat and rye, commonly used as flour or flakes

OATS:

Oatmeal, oat-bran, rolled oats, porridge, pилcorn, beta glucan

Gluten Free

RICE:

All rice, rice bran, rice flour, puffed rice*, rice pasta, rice noodles, rice cakes*, rice biscuits*, rice crackers*

CORN/MAIZE:

Corn/maize starch, corn/maize flour, polenta, cakes*, bread*, crispbreads*, chips*, taco shells*, puffed*, flakes*,

OTHER:

Amaranth, arrowroot, besan (chickpea or gram), buckwheat, guar gum, lentil flour, lupin, millet, potato flour, quinoa, sago, sorghum, teff, soy, tapioca, taro, psyllium husk, xanthan gum, yam.

These can be used as: flour, grains, flakes, rolled or puffed

*Check any flavourings added

Unexpected Foods That May Contain Gluten

Some food may unexpectedly contain gluten because it is added during food preparation. It's always best to check the label or ask the person who prepared the food.

- Icing Mixture
- Chocolate Powder
- Soy Milk
- Soy Foods e.g. Tofu
- Mayonnaise
- Salad Dressings and Sauces
- Stock Cubes and Powders
- Seasoning Mixes, Spices and Salts
- Flavours and Seasonings added to Chips and Crackers
- Barbecue Chicken
- Stuffing
- Communion Wafers
- Imitation Seafood
- Hot Chips, French Fries, Potato Wedges and Potato Skins
- Corned Beef
- Deli Meats
- Brewers Yeast