

Gluten-Containing Products

If experiencing gluten intolerance symptoms, the products on this page should be avoided. Instead, concentrate on gluten free, brain healthy foods. Many are listed here. This is sure to help maintain or improve brain health and function.

The following grains and starches contain gluten:

Wheat
Wheat germ
Rye
Barley
Bulgur
Couscous
Farina
Graham flour
Kamut Matzo
Semolina
Spelt
Triticale

The following foods often contain gluten:

malt/malt flavoring
soups
commercial bullion and broths
cold cuts
French fries (often dusted with flour before freezing)
processed cheese (e.g., Velveeta)
mayonnaise
ketchup
malt vinegar
soy sauce and teriyaki sauces
salad dressings
imitation crab meat, bacon, etc
egg substitute

tabbouleh
sausage
non-dairy creamer
fried vegetables/tempura
gravy
marinades
canned baked beans
cereals
commercially prepared chocolate milk
breaded foods
fruit fillings and puddings
hot dogs
ice cream
root beer
energy bars
trail mix
syrups
seitan
wheatgrass
instant hot drinks
flavored coffees and teas blue cheeses
vodka
wine coolers
meatballs, meatloaf communion wafers
veggie burgers
roasted nuts
beer
oats (unless certified GF)
oat bran (unless certified GF)

The following are miscellaneous sources of gluten:

shampoos
cosmetics
lipsticks, lip balm
Play-Doh
medications

non-self-adhesive stamps and envelopes
vitamins and supplements (check label)

The following ingredients are often code for gluten:

Avena sativa Cyclodextrin
Dextrin
Fermented grain extract
Hordeum distichon
Hordeum vulgare
Hydrolysate
Hydrolyzed malt extract
Hydrolyzed vegetable protein
Maltodextrin
Phytosphingosine extract
Samino peptide complex
Secale cereale
Triticum aestivum
Triticum vulgare
Tocopherol/vitamin E
Yeast extract
Natural flavoring
Brown rice syrup
Modified food starch
Hydrolyzed soy protein
Caramel color (frequently made from barley)