

Safe Gluten-Free Food List (Safe Ingredients)

By Scott Adams

www.celiac.com

Acacia Gum	Calcium Silicate
Acorn Quercus	Calcium Stearate
Adipic Acid	Calcium Sulfate
Adzuki Bean	Camphor
Acacia Gum	Canola Oil (Rapeseed Oil)
Agar	Caprylic Acid
Alcohol (Spirits - Specific Types)	Carageenan Chondrus Crispus
Alfalfa	Carboxymethylcellulose
Algae	Carnauba Wax
Algin	Carob Bean
Alginate	Carob Bean Gum
Allicin	Carob Flour
Almond Nut	Carrageenan
Aluminum	Casein
Amaranth	Cassava Manihot Esculenta
Annatto	Castor Oil
Annatto Color	Cellulose ¹
Apple Cider Vinegar	Cellulose Gum
Arabic Gum	Cetyl Alcohol
Arrowroot	Cheeses
Artichokes	- (check ingredients)
Artificial Flavoring	Chestnuts
Aspartame (can cause IBS symptoms)	Chickpea
Aspic	Chlorella
Ascorbic Acid	Chymosin
Astragalus Gummifer	Citric Acid
Baking Soda & Powder (check)	Collagen
Balsamic Vinegar	Corn
Beans	Corn Gluten
Bean, Adzuki	Corn Meal
Bean, Hyacinth	Corn Flour
Bean, Lentil	Cornstarch
Bean, Mung	Corn Syrup
Bean Romano (Chickpea)	Corn Syrup Solids
Bean Tepary	Corn Sweetener
Benzoic acid	Cortisone
Besan	Cotton Seed Oil
Betaine	Cowitch
BHA	Cowpea
BHT	Cream of Tartar
Beta Carotene	Cysteine, L
Bicarbonate of Soda (check)	Demineralized Whey
Biotin	Desamidocollagen
Buckwheat	Dextrose
Butter (check additives)	Diethyl Sodium
Butylated Hydroxyanisole	Distilled Vinegar
Butyl Compounds	Eggs
Calcium Carbonate	Elastin
Calcium Caseinate	Ester Gum
Calcium Chloride	Ethyl Alcohol
Calcium Disodium	Ferrous Gluconate
Calcium Phosphate	Fish (fresh)

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Flaked Rice	Methyl Cellulose ²
Flax	Microcrystallin Cellulose
Folic Acid-Folacin	Milk
Formaldehyde	Millet
Fructose	Milo
Fruit (including dried)	Mineral Oil
Fumaric Acid	Mineral Salts
Gelatin	Mono and Diglycerides
Glutamate (free)	Monosodium Glutamate MSG (made in USA)
Glutamic Acid	Monopotassium Phosphate
Glutamine (amino acid)	Mung Bean
Glycerides	Musk
Glycerol Monooleate	Niacin-Niacinamide
Glycol Monosterate	Nuts (except wheat, rye & barley)
Glycol	Nut, Acron
Glycolic acid	Nut, Almond
Gram flour (chick peas)	Oats ³
Grits, Corn	Oils and Fats
Guar Gum	Oleyl Alcohol/Oil
Hemp	Paraffin
Herbs	Peas
Honey	Pea - Chick
Hyacinth Bean	Pea - Cow
Hydrogen Peroxide	Pea Flour
Hydrolyzed soy protein	Pepsin
Iodine	Peru Balsam
Inulin	Petrolatum
Invert Sugar	Phenylalanine
Kasha (roasted buckwheat)	Pigeon Peas
Keratin	Polenta
Kudzu Root Starch	Polyethylene Glycol
Lactic Acid	Polyglycerol
Lactose	Polysorbates
Lanolin	Potassium Citrate
Lecithin	Potassium Iodide
Lentil	Potassium Sorbate
Lipase	Potatoes
Locust Bean Gum	Potato Flour
Magnesium Carbonate	Prinus
Magnesium Hydroxide	Pristane
Maize	Propolis
Maize Waxy	Propylene Glycol
Malic Acid	Propylene Glycol Monosterate
Maltitol	Propyl Gallate
Maltodextrin	Psyllium
Manioc	Pyridoxine Hydrochloride
Masa	Quinoa
Masa Flour	Ragi
Masa Harina	Rape
Meat (fresh)	

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Rennet	Subflower Seed
reticulin	Succotash (corn and beans)
Rice (& Enriched)	Sucrose
Rice Flour	Sulfosuccinate
Rice Vinegar	Sulfites
Romano Bean (chickpea)	Sulfur Dioxide
Rosin	Sweet Chestnut Flour
Royal Jelly	Tallow
Sago Palm	Tapioca
Sago Flour	Tapioca Flour
Saifun (bean threads)	Tarrow Root
Scotch Whisky	Tartaric Acid
Seaweed	TBHQ is Tetra or Tributylhydroquinone
Seeds (except wheat, rye & barley)	Tea
Seed - Sesame	Tea-Tree Oil
Seed - Sunflower	Teff & Teff Flour
Sphingolipids	Tepary Bean
Soba (be sure its 100% buckwheat)	Thiamine Hydrochloride
Sodium Acid Pyrophosphate	Tofu-Soya Curd
Sodium Alginate	Tolu Balsam
Sodium Ascorbate	Tragacanth
Sodium Benzoate	Tragacanth Gum
Sodium Caseinate	Tri-Calcium Phosphate
Sodium Citrate	Turmeric (Kurkuma)
Sodium Erythroate	Tyrosine
Sodium Hexametaphosphate	Urad/Urid Beans
Sodium Lauryl Sulfate	Urad/Urid Dal (peas) Vegetables
Sodium Nitrate	Urad/Urid flour
Sodium Phosphate	Vinegar (All except Malt)
Sodium Silicoaluminate	Vanilla Extract
Sodium Stannate	Vanilla Flavoring
Sorbic Acid	Vanillin
Sorbitol-Mannitol (can cause IBS symptoms)	Vinegars (Specific Types)
Sorghum	Vitamin A (retinol)
Sorghum Flour	Waxy Maize
Soy	Whey
Soybean	White Vinegar
Soy Lecithin	Wines
Spices (pure)	Wine Vinegars (& Balsamic)
Spirits (Specific Types)	Wild Rice
Stearates	Xanthan Gum
Stearamide	Yam Flour
Stearamine	Yogurt (plain, unflavored)
Stearic Acid	

1) Cellulose is a carbohydrate polymer of D-glucose. It is the structural material of plants, such as wood in trees. It contains no gluten protein.

2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in rice-based breads, etc.

3) Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also have an additional, unrelated intolerance to them. Cross contamination with wheat is also a factor that you need to consider before choosing to include oats in your diet.