



50 NAMES

for Gluten

We all know that “Americanized” wheat / gluten is a problem, but what about the hidden names?

Ale	Emmer	Maida	Rusk
All Purpose Flour	Enriched Flour	Malted Milk	Rye
Artificial Flavor/Artificial Flavoring	Farina	Maltodextrin	Salad Dressing
Atta	Farro/Faro	Marinade	Sauce
Barley	Flour	Meripro 711	Sausage
Beer	Flour Tortillas	Mir	Scotch
Bouillon Cubes	Fu	Matzo	Seitan
Bran	Germ	Matzo Meal	Semonlina
Bread	Gluten	Meat Loaf	Soup
Bread Crumbs	Graham Flour	Modified Food Starch	Soup Base
Bread Stuffing	Granary Flour	Modified Wheat	Soy Sauce
Breaded/Battered foods	Gravies and Sauces (thickened with flour)	Starch	Spelt
Brewer's Yeast	Groats	Muffins	Stone Ground Wheat
Broth (a lot of the packaged broths))	Hard Wheat	Natural Flavor/Natural Flavoring	Stout
Brown Flour	Hing	Nishasta	Strong Flour
Bulgur	Hordeum Vulgare	Noodles	Tabbouleh
Cake	Hot Dog	Oats/Oatmeal	Tabbouli
Candy	Hydrolyzed Wheat Protein	Oriental Wheat	Teriyaki Sauce
Cereal	Ice Cream Cones	Orzo	Textured Vegetable Protein – TVP
Coffee and Tea (flavored)	Imitation Bacon Bits	Pan Spray	Triticale
Cookies	Imitation Seafood (i.e. Crab)	Pasta	Triticum Vulgare
Couscous	Kamut	Pearl Barley	Udon
Cracked wheat	Lager	Persian Wheat	Unbleached Flour
Crackers	Licorice	Perungayam	Vavilovi Wheat
Deli Meat	Lunch Meat (processed)	Pie Crust	Vegetable Starch
Dextrin	Macha Wheat	Pita Bread	Wheat Berries
Dinkel	Malt	Polish Wheat	Wheat Bran
Dumplings	Malt Extract	Poulard Wheat	Wheat Flour
Durum	Malt Syrup	Pretzels	Wheat Germ
Edible Starch	Malt Flavoring	Processed Foods	Wheat Starch
Einkorn	Malt Vinegar	Rolled Oats	Whiskey
		Roux	