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Gluten-free Diet

The following foods are NOT allowed on a gluten-free diet:

Abyssinian Hard (Wheat triticum durum)	
Barley Malt	
Beer	Matzo
Bleached Flour	MSG
Blue Cheese (made with bread)	Mustard Powder
Bran	Pasta
Bread Flour	Pearl Barley
Brewer's Yeast	Rye
Brown Flour	Seitan
Common Wheat (Triticum aestivum)	Semolina
Couscous	Semolina
Dextrimaltose	Soy Sauce
Durum wheat (Triticum durum)	Soba Noodles
Edible Starch	Sodium Caseinate (Contains MSG)
Farina Graham	Soy Sauce
Food Starch	Spelt
Germ	Sprouted Wheat or Barley
Glutamate, glutamine	Tabbouleh
Graham Flour	Teriyaki Sauce
Granary Flour	Textured Vegetable Protein - TVP
Groats (barley, wheat)	Udon (wheat noodles)
Hard Wheat	Vegetable Starch
Malt, malt syrup, malt vinegar	Wheat
Miso	Wheat Nuts
	Wheat Grass



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