

Avoid These Foods and Ingredients

Grains and grain products that contain gluten are listed below. If you see any of these on the food label, move on to another product that doesn't contain it.

Wheat

- Atta
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Fu (wheat gluten)
- Graham flour
- Hydrolyzed wheat protein or gluten
- Kamut
- Maida
- Modified wheat starch
- Seitan
- Semolina
- Spelt/dinkel wheat
- Triticale
- Wheat bran, oil, flour, germ, glycerides, starch, grass, or protein

Barley

- Ale
- Barley (*flakes, flour, malted flour, pearl*)
- Beer
- Brewer's yeast (*contains barley; however, other baking yeasts are gluten-free*)
- Lager
- Malt, extract or syrup, flavoring, or vinegar
- Malted milk

Rye

- Rye bread
- Rye flour

Oats

- (Unless they are labeled "certified gluten-free oats")
- Oatmeal
 - Oat milk
 - Oat flour
 - Oat bran

Contact

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