

Choose Gluten-Free Foods and Ingredients

Manufacturers add products to foods to improve their taste, shelf life or appearance.

All of these ingredients listed below are gluten-free:

- Caramel coloring and flavoring
- Dextrin
- Maltodextrin
- Monosodium glutamate (MSG)
- Oils (*avocado, canola, coconut, olive, sesame, vegetable*)
- Gluten-free starches or modified food starches
- Vanilla and almond extracts
- Vinegar (*except malt vinegar*)

Many grains, flours, and other ingredients are naturally gluten-free.

Your child can have any of these:

- Amaranth
- Buckwheat
- Cassava/yuca
- Cornmeal
- Expandex (*a modified food starch made from tapioca*)
- Flours and starches (*made from arrowroot, beans, chickpeas, corn, lentils, nuts, potatoes, rice, soy, tapioca, and other gluten-free grains*)
- Guar gum
- Mesquite
- Millet
- Quinoa
- Rice paper
- Sorghum
- Teff
- Xanthan gum

Contact

The Celiac Disease Program, offered by our Pediatric Gastroenterology Service, is located at:

Mary L. Johnson Specialty Services
730 Welch Road
Palo Alto, CA 94304

Tel (650) 723-5070
Fax (650) 498-5608