



Quick Reference Ingredient Card

Read labels every time you purchase. On products which are not either certified or labeled gluten-free, always read ingredient labels.

The following grains/starches **are allowed**: Rice, corn, potato, tapioca, bean, sorghum, soy, arrowroot, amaranth, quinoa, buckwheat, millet, teff, mesquite, flax, chia, and nut flours.

The following grains & derivatives of these grains, **are not allowed**: wheat (e.g. spelt, durum, semolina, couscous, bulgur), rye, and barley.

The following ingredients may contain prohibited grains: flour or grain/cereal products; soy sauce and soy sauce solids; broths, bouillons, stocks and soup bases; brown rice syrup, self-basting poultry. Items derived from wheat are usually indicated as such on the label. Starch in meat products may be from wheat.

Malt, malt vinegar and malt flavoring are derived from barley and must be avoided.

Consult your health care team before using uncontaminated, certified gluten-free oats.

The following ingredients are okay: Extracts, pure spices and herbs, dextrose, and vinegar (except malt vinegar). "Starch" in non-meat food is from corn unless otherwise stated.

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