




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, teff, potato, tapioca, bean, sorghum, soy, arrowroot, amaranth, quinoa, buckwheat, millet, teff, mesquite, flax, chia, and nut flours.

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

The following ingredients may contain prohibited grains: flour or cereal products; malt, malt flavoring or malt vinegar; brown rice syrup, soy sauce and soy sauce solids; dextrin; chicken or beef broth or soup base; and self-basting poultry. Items derived from wheat are usually indicated on the label. Starch in meat products may be from wheat.

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

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

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