

SOURCES OF GLUTEN

Primary Sources:

- Wheat (including semolina)
- Rye
- Barley
- Oats

Hidden Sources:

- Alcohol distilled from grain (beer, ale, rye, scotch, bourbon, grain vodka)
- Binders
- Bleu cheese
- Brown Rice Syrup (if barley malt enzyme is used)
- Caramel colouring (made from barley malt enzymes)
- Coatings
- Colourings
- Dextrins
- Dispersing agents
- Emulsifiers
- Excipients (added to prescription medications to achieve desired consistency)
- Extracts (in grain alcohol)
- Fillers
- Flavorings (in grain alcohol)
- Flours, Breads, Cereals, Crackers, Pasta, Souces & Condiments made with the above listed grains or their derivatives.
- Homeopathic remedies
- Hydrolyzed protein, hydrolyzed plant protein (HPP) hydrolyzed vegetable protein (HVP)
- Malt or Malt Flavoring (Barley malt)
- Modified starch, modified food starch (when derived from wheat)
- Mono-and-di-glycerides (made using a wheat starch carrier)
- Oils (wheat germ oil & any oil with gluten additives)
- Preservatives
- Soy Sauce (when fermented using wheat)
- Spices (if containing anti-caking agents)
- Starch (made from grains listed above)
- Vegetable gum (when made from oats)
- Vegetable protein
- Vinegars (distilled clear and white or with a mash starter)
- Vitamin E oil



GLUTEN CONTAMINATION:

- When gluten-free grains are milled or processed, they may be contaminated with other grains processed on the same machinery.
- Gluten contaminated may occur via baking pans, grills, utensils, cutting boards, toasters, etc.
- Deep frying foods in oils or fats that have been used for gluten containing foods may also lead to gluten contamination.
- Many fast food chains fry French fries in the same oil as wheat battered onion rings.

INSTEAD OF..

CERALS:

Like Atta, Maida, Sooji, Rye, Oats, Barley.

PROCESSED CEREALS:

Like Noodles, Paste, Oat, Spagetti, Mal, Bread rolls, Wheat flakes, Bread crumbs, Soup sticks, Semiyam, Dhallia

SNACKS:

Like pizza, Burger, Kulchas, Namkeens, Bhujiyas, Upma, Semiyam, Crackers, Biscuits.

COOKED CEREALS:

Like Roti, Dalia, Halwa, Poories, Parathas

BEVERAGES:

Fresh juices, fresh barley water, hot chocolates, complan, Horlicks, Boosts, etc, Bottled Milkshakes

DESSERTS:

Like cake pastries, ice cream, yogurt, éclairs, chocolates, Milk cakes, jalebie.

TINED AND CANNED:

Vegetables and fruits, vegetable sauces, instant curry Mixes, baked beans, preparation containing baking

PROCESSED MEATS:

Like sausages, hams, seek kababs, tikka

DO THIS...

Eat Rice, Tapioca. Arrowroot, Soago, Bajra, Makka, Jawar, Ragi, Cassava, Singhara atta.

Eat Chiwda Murmura Rice flakes, (without malt coating), Souya, Cornflakes, Rice Noodles, Rice Papads.

Eat ladies, Vadas, Sago Papad, Aloo cutlets, arrowroot, Fresh popcorn, Roasted corn, Roasted channas, chelas.

Eat boiled rice, pulao, makka ki roti, bajre ki roti

Milk, fresh curd, lassi, fresh soup, soda.

Rice kheers, paneer sandesh Caramel custard, carrot halwa, sliced fruit with jaggery

Eat freshly cooked vegetables, fruits.

Eat freshly cooked meats, mutton, fish, egg, chicken.

DIETITIAN

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