

Lots to  
remember!  
Use this to  
help. →

### STAY GLUTEN-FREE CARD

These ingredients often, if not always, signal gluten inside. If unsure, call the manufacturer.

#### Always contain gluten:

Barley (extract, flavor, flour, malt)	Flour (unless labeled gluten-free)
Beer	Graham
Bulgur	Kamut
Cereal extract	Matzoh/ matzoh meal
Cracker meal	Rye products
Durum	Semolina
Eikorn	Spelt
Emmer	Wheat (bran, flour, germ, starch)
Farina	
Farro	

#### May contain gluten:

Bread crumbs	Processed foods
Dextrin	Seasonings or flavorings
Flavored coffees and teas	Seitan
Hydrolyzed vegetable or plant protein (HVP or HPP)	Soy sauce/ soy sauce solids
Imitation seafood or bacon	Textured vegetable protein (TVP)