



Guide to Flours & Gluten

This list is to be used as a guideline only and is not an all-inclusive representation of everything that may contain gluten.

If you have a serious gluten allergy or have Celiac disease, you should always consult your physician. Please visit celiac.com or celiac.org for more comprehensive information.

Most Common Sources of Hidden Gluten

Alcohol	Beer, Malt beverages, Grain Alcohols
Cosmetics	Check ingredients on makeup, shampoo and other personal care items
Dressings	Thickened with flour or other additives
Fried Foods	Cross contamination with breaded items in fryers
Vinegar	Malt varieties
Medications, Vitamins and supplements	Ask the pharmacist and read the labels closely
Processed & Packaged Foods	Additives often contain gluten
Sauces, Soups and Stews	Thickened with flour
Soy, Teriyaki and Hoisin sauces	Fermented with wheat
Gluten Free Nearly all processed food and grains carry some risk of cross-contamination. For the safest approach to a gluten-free diet, eat only whole, unprocessed foods	Amaranth, Arrowroot, Buckwheat, Corn, Flax, Millet, Montina, Nut Flours, Bean Flour, Potato Flour and Potato Starch, Quinoa, Rice, Rice Bran, Rice Flour, Sago, Seed Flours, Sorghum, Soy, Tapioca, Teff
Gluten Free Alcohol According to celiac.com all distilled alcohols are gluten-free but for someone with overt Celiac Disease, avoiding alcohols made from wheat, barley and rye is still recommended	Brandy, Bourbon, Cognac, Gin, Grappa, Rum, Sake, Scotch, Sherry, Tequila, Vermouth, Vodka, Whiskey, Wine, Champagne, Mead, Hard Cider, Gluten-free beers
Alternatives to Wheat Flours	