

What Foods Contain Gluten?

This eBook will identify both the main grains that contain gluten and the other foods where the gluten is hidden or just less obvious. And you need to be able to easily spot both regardless whether you are cooking for yourself or someone else who has a problem with gluten foods.

I) Basic questions and understanding

There are a couple basic questions we want to answer before getting into “what foods contain gluten”.

First question; *what is Gluten?*

Gluten is a protein which is contained in wheat and some other grains and it comes from the Latin meaning glue. It is a protein composite found in foods processed from wheat and related grain species which will be listed for you shortly. Another way of looking at gluten would be to call it a sticky protein found in flour that is glutenous and acts like a glue.



What problems does Gluten Intolerance create for people? And why? Below is a list of some of the common symptoms that people who are sensitive to gluten experience anywhere from shortly after consuming a food containing gluten to as much as 3 days later.

Arthritis & Arthritis Symptoms

- Frequent indigestion
- Bloating
- Brain fog
- Autism
- Attention Deficit Disorder (ADD)
- Abdominal distension
- Irritability or moodiness, even depression
- Muscle weakness
- Chronic fatigue and exhaustion
- Bone or joint pain, aching joints
- Bone Density Loss
- Frequent gas
- Chronic diarrhea or constipation
- Malodorous light or clay colored stools
- Skin rashes (eczema, psoriasis, boils)
- Mouth sores (canker sores)
- Cracks in corners of lips
- Tooth enamel defects or discoloration
- Tingling or numbness in arms and legs
- Balance problems, gait difficulty, uncoordinated walking
- Weight changes (sudden gain or loss of weight)

The above are some of the common symptoms people experience but keep in mind that there are over 250 documented symptoms of a gluten sensitivity, and their manifestations vary greatly from person to person.

Why does this occur? The simplest explanation is this: It is an auto-immune malfunction of the body where gluten triggers antibodies to attack a person's own body. Of course there may be more complex reasons this occurs but this explanation gives you a basic understanding of what is happening.

II) Basic foods that contain gluten

The good news is there are only a few basic foods that contain gluten. Primarily you are looking for wheat free foods.

The most commonly used gluten containing grain is wheat. Wheat includes several variations such as einkorn, emmer, spelt, kamut. Also there is gluten in wheat starch, wheat bran, wheat germ, cracked wheat and hydrolyzed wheat protein.

These flours contain gluten:

Bromated flour
Durum flour
Enriched flour
Farina graham flour
Phosphated flour
Plain flour
Self-rising flour
Semolina
White flour

Also these grains contain gluten

Barley
Rye
Triticale (a cross between wheat and rye)
Couscous
Oats
Corn

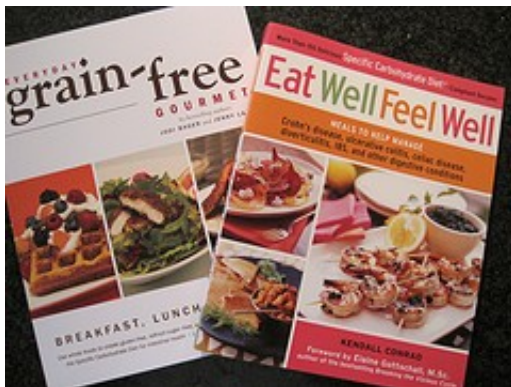
Note: Oats and Corn can also be Gluten Free depending on how they are grown and handled. If it does not state that specific oats or corn you are looking to buy are "gluten free" then assume they have been cross-contaminated with gluten containing grains.

III) Gluten as a hidden ingredient

The good news is there are only a few grains you have to avoid if you or someone you cook for is gluten intolerant, but the bad news is gluten is a hidden ingredient in a lot of other processed food such as:

- Artificial colorings or flavorings
- Artificial/natural flavorings
- Bouillon cubes
- Brown rice syrup
- Chips/potato chips
- Candy (including licorice!)
- Cold cuts, hot dogs, salami, sausage
- Communion wafer
- Emulsifiers
- French fries
- Food starch
- Glazed hams
- Gravy in a can or powdered mix
- Hydrolyzed plant protein (HPP)
- Imitation fish
- Marinated meats
- Modified food starch
- Matzo
- Rice mixes
- Sauces
- Seasonings
- Stabilizers
- Seasoned tortilla chips, french fries, potato chips
- Self-basting turkey
- Texturized vegetable protein (TVP)

As you can see processed foods are the enemy if you react negatively to gluten. And, how did they manage to get gluten into french fries, in fact it really makes you wonder just what they make those french fries out of besides potatoes.



What this means is only buying processed food, sauces, seasonings & various mixes from the gluten free section of your grocery store or health food store and even then you have to read the labels.

If you or whoever you cook for has a severe reaction to gluten then you will have to be extremely careful with any processed food. Processed foods are almost anything with a label on it. Whereas if you or anyone else has a mild reaction to gluten, or simply feel and do better when you eat gluten free, then you won't have to pay as

close attention to small amounts of gluten that may be in some seasonings but you will still need to tread carefully with processed foods.

Do check our Facebook Page for lots of information on gluten free foods to help you eat gluten free.

And if your looking to lose weight, here's one of the best Gluten Free programs out there for losing weight. Click Here - <http://www.grabyourinfo.com/glutenfreeweightloss>

IV) Printable list of what foods contain gluten that you can take with you when shopping.

Above gives you the basics of what foods contain gluten so that you can think in terms of what foods to avoid and what foods to enjoy. In addition to this information a more complete list to refer to will be handy when you are shopping. Just print out the list below and carry it with you.



Print the pages below

These items contain gluten

Abyssinian Hard (wheat Triticum Durum)
Alcohol (spirits - Specific Types)
Artificial Colorings Or Flavorings
Artificial/Natural Flavorings
Amp-Isostearoyl Hydrolyzed Wheat Protein
Atta Flour
Barley Grass (can Contain Seeds)
Barley Hordeum Vulgare
Barley Malt
Beer (most Contain Barley Or Wheat)
Bleached Flour
Bran
Bread Flour
Brewer's Yeast
Brown Flour
Bulgur (bulgar Wheat/Nuts)
Bulgur Wheat
Cereal Binding
Chilton
Club Wheat (triticum Aestivum Subspecies Compactum)
Common Wheat (triticum Aestivum)
Cookie Crumbs
Cookie Dough
Cookie Dough Pieces
Couscous
Criped Rice
Dinkle (spelt)
Disodium Wheatgermamido Peg-2 Sulfosuccinate
Durum Wheat (triticum Durum)
Edible Coatings
Edible Films
Edible Starch
Einkorn (triticum Monococcum)
Emmer (triticum Dicocon)
Emulsifiers
Enriched Bleached Flour
Enriched Bleached Wheat Flour
Enriched Flour
Farina
Farina Graham
Farro
Filler
Flour (normally This Is Wheat)
Fu (dried Wheat Gluten)
Germ
Graham Flour
Granary Flour
Groats (barley, Wheat)
Hard Wheat

Heeng
Hing
Hordeum Vulgare Extract
Hydrolyzed Wheat Gluten
Hydrolyzed Wheat Protein
Hydrolyzed Wheat Protein Pg-Propyl Silanetriol
Hydrolyzed Wheat Starch
Hydrolyzed Plant Protein (hpp)
Hydroxypropyltrimonium Hydrolyzed Wheat Protein
Kamut (pasta Wheat)
Kecap Manis (soy Sauce)
Ketjap Manis (soy Sauce)
Kluski Pasta
Maida (indian Wheat Flour)
Malt
Malted Barley Flour
Malted Milk
Malt Extract
Malt Syrup
Malt Flavoring
Malt Vinegar
Macha Wheat (triticum Aestivum)
Matza
Matzah
Matzo
Matzo Semolina
Meringue
Meripro 711
Modified Food Starch
Mir
Nishasta
Oriental Wheat (triticum Turanicum)
Orzo Pasta
Pasta
Pearl Barley
Persian Wheat (triticum Carthlicum)
Perungayam
Poulard Wheat (triticum Turgidum)
Polish Wheat (triticum Polonicum)
Rice Malt (if Barley Or Koji Are Used)
Roux
Rusk
Rye
Seitan
Semolina
Semolina Triticum
Shot Wheat (triticum Aestivum)
Small Spelt
Spirits (specific Types)
Spelt (triticum Spelta)

Sprouted Wheat Or Barley
Stabilizers
Stearyltrimoniumhydroxypropyl Hydrolyzed Wheat Protein
Strong Flour
Suet In Packets
Tabbouleh
Tabouli
Teriyaki Sauce
Texturized Vegetable Protein (tvp)
Timophevi Wheat (triticum Timopheevii)
Triticale X Triticosecale
Triticum Vulgare (wheat) Flour Lipids
Triticum Vulgare (wheat) Germ Extract
Triticum Vulgare (wheat) Germ Oil
Udon (wheat Noodles)
Unbleached Flour
Vavilovi Wheat (triticum Aestivum)
Vital Wheat Gluten
Wheat, Abyssinian Hard Triticum Durum
Wheat Amino Acids
Wheat Bran Extract
Wheat, Bulgur
Wheat Durum Triticum
Wheat Germ Extract
Wheat Germ Glycerides
Wheat Germ Oil
Wheat Germamidopropyltrimonium Hydroxypropyl Hydrolyzed Wheat Protein
Wheat Grass (can Contain Seeds)
Wheat Nuts
Wheat Protein
Wheat Triticum Aestivum
Wheat Triticum Monococcum
Wheat (triticum Vulgare) Bran Extract
Whole-Meal Flour
Wild Einkorn (triticum Boeotictim)
Wild Emmer (triticum Dicoccoides)