



## Natural Life Consulting, LLC

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### **Terms Meaning Wheat or Gluten**

Flour Bulgher Seminola Spelt Frumento Durum (or Duram) Kamut Graham Einkorn Farina Couscous Scitan Matzoh Matzah Matzo Cake flour Hydrolyzed wheat protein Wheat starch Wheat germ Any terms including the word wheat Malt Triticale Amino peptide complex Avena sativa brown rice syrup Caramel color Cyclodextrin Dextrin Fermented grain extract Hordeum distichon Hordeum vulgare Hydrolysate Hydrolyzed malt extract Hydrolyzed Vegetable protein Maltodextrin Modified food starch Natural Flavoring Pytosphingosine extract Secale cereal Soy protein Triticum aestivum Triticum vulgare Vegetable protein (HVP) Yeast extract

Foods that often contain gluten:

Canned baked beans, beer, blue cheeses, bouillons/broths( commercially prepared), breaded foods, cereals, chocolate milk (commercially prepared, cold cuts, communion wafers, egg substitute, energy bars, flavored coffees and teas, flavored coffees and teas, French fries (often dusted with flour before freezing) , fried vegetables/tempura, fruit fillings and puddings, gravy, hot dogs, ice cream, imitation crabmeat, bacon, etc., instant hot drinks, ketchup, malt/malt flavoring, malt vinegar, marinades mayonnaise, meatballs/meatloaf, non-dairy creamer, oat bran (unless certified gluten-free), oats (unless certified gluten-free), processed cheese (e.g. Velveeta), roasted nuts, root beer, salad dressing, sausage, seitan, soups, soy sauce and teriyaki sauces, syrups, tabbouleh, trail mix, veggie burgers, vodka, wheatgrass, wine coolers\*

Miscellaneous sources of gluten:

Cosmetics, lipsticks/lip balm, medications, non-self-adhesive stamps and envelopes, Play-Doh, shampoos/conditioners, vitamins and supplements (check labels)\*

Good website for other wheat terms and foods we would never suspect contain wheat:

[www.Celiac.com](http://www.Celiac.com)

On the left side of the screen click on “Safe gluten-free food list”

On the right side of the next screen under Popular Articles, click on “Unsafe gluten-free food list (unsafe ingredients)”

- \*The Grain Brain, Dr. David Perlmutter, 2013, Little Brown and Company.

### **Terms Meaning Casein (if you have reactions to milk or milk products)**

One good website is:

<http://web.mit.edu/kevles/www/nomilk.html>

You can also google : other terms for casein

Good book: The Untold Story of Milk, Ron Schmid, New Trends Publishing, 2009.