



Words in Ingredient Lists to Look Out For

Words Which Mean Gluten is Likely Present:

amino peptide complex	modified food starch	vulgare	wheat germ oil
Avena sativa	modified starch	Triticum spelta	wheat germ extract
brown rice syrup	vegetable starch	spelt	artificial flavor
caramel color (frequently made from barley)	natural flavoring	hydrolyzed wheat protein	artificial flavoring
cyclodextrin	phytosphingosine extract	hydrolyzed wheat starch	seasonings
dextrin	Secale cereal	bread flour	flavorings
fermented grain extract	soy protein	bleached flour	matzo
Hordeum distichon	Triticum aestivum	bulghur	seitas
Hordeum vulgare	Triticum vulgare	malt	durum
hydrolysate	hydrolyzed vegetable protein (HVP)	couscous	emmer
hydrolyzed malt extract	yeast extract	farina	cake flour
hydrolyzed plant protein	Triticum vulgare	seitan	all purpose flour
maltodextrin	Triticale Hordeum	wheat grass	bran
		barley grass	glucose syrup

Foods that May Contain Corn:

fast-food hamburger	soda	fruit juices	canned soups	vitamin D fortified
french fries	ketchup	yogurt	baked goods,	milk
fast food taco meat	mayonnaise	salad dressings	premade gravy	polenta
processed chicken	puddings	soup mixes	peanut butter	maize

Words Which Mean Milk Protein is Likely Present:

Butter fat, butter oil	curds	natural butter flavor	whipped topping	high protein powder
butter solids	ghee	nougat	galactose	lactic acid
buttermilk powder	lactalbumin	paneer	hydrolysates	starter culture
caseinate	lactoferrin	pudding	artificial or natural	prebiotics
casein	lactoglobulin	recaldent	flavors or flavorings	
milk	lactose	rennet	coconut cream	
cream	lactulose	whey	egg flavors	

Foods that May Contain Casein:

Butter	yogurt	creamed soups	buttermilk	some luncheon
margarine	sour cream	soup bases	cheese (all)	meats
milk	sherbet	puddings	sweetened	some sausage
cream	chocolate	custards	condensed milk	
half and half	ice cream	processed foods,	some hot dogs	



Words Which Mean Corn is Likely Present:

Acetic acid	Corn oil	Germ/germ meal	Maltodextrin	Sorbate
Alcohol	Corn starch	Gluconate	Maltol	Sorbic acid
Alpha tocopherol	Corn sweetener	Glucosamine	Maltose	Sorbitan
Artificial flavorings	Corn sugar	Glucose	Mannitol	Sorbitol
Artificial sweeteners	Corn syrup	Glucose syrup	Methylglucoside	Sorghum
Ascorbates	Corn	Glutamate	Methylcellulose	Splenda
Ascorbic acid	Cornmeal	Gluten	Modified corn starch	Starch
Aspartame	Crystalline dextrose	Glycerides	Molasses	Stearic acid
Astaxanthin	Crystalline fructose	Glycerin	Monoglycerides	Stearoyl
Baking powder	Cyclodextrin	Glycerol	MSG	Sucralose
Barley malt	DATUM	Golden syrup	Natural flavorings	Sucrose
Bleached flour	Decyl glucoside	Grits	Olestra/Olean	Sugar
Blended sugar	Decyl polyglucose	Hominy	Polenta	Threonine
Brown sugar	Dextrin	Hydrolyzed corn	Polydextrose	Tocopherol
Calcium citrate	Dextrose	Inositol	Poly lactic acid	Treacle
Calcium fumarate	d-Gluconic acid	Invert syrup	Polysorbates	Triethyl citrate
Calcium lactate	Erythorbic acid,	Iodized salt	Polyvinyl acetate	Unmodified starch
Calcium stearate	Erythritol	Lactate (lactic acid)	Potassium citrate	Vanilla
Caramel color	Ethanol	Lauryl glucoside	Potassium fumarate	Vallin
Cellulose	Ethocel 20	Lecithin	Potassium gluconate	Vinyl acetate
Cetearyl glucoside	Ethylcellulose	Linoleic acid	Powdered sugar	Vitamin C (synthetic)
Choline	Ethylene	Lysine	Pregelatinized starch	Vitamin E (synthetic)
Chloride	Ethyl acetate	Magnesium citrate	Propionic acid	Vitamins (synthetic)
Citric acid	Ethylalcohol	Magnesium stearate	Propylene glycol	Xanthan gum
Cocoglycerides	Ethyl lactate	Maize	Saccharin	Xylitol
Confectioners sugar	Ethyl maltol	Malic acid	Semolina	Yeast
Corn alcohol	Fibersol-2	Malonic acid	Simethicone	Zea mays
Corn gluten	Food starch	Malt	Sodium Citrate	Zein
Corn extract	Fructose	Malt extract	Sodium erythorbate	
Corn flour	Fumaric acid	Malitol	Sodium fumarate	