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How to Read a Label for a Wheat-Free Diet

Avoid Foods That Contain Any of These Ingredients

- Bran
- Bread crumbs
- Bulgur
- Cereal extract
- Couscous
- Cracker meal
- Durum, durum flour
- Enriched flour
- Farina
- Gluten
- Graham flour
- High gluten flour
- High protein flour
- Seitan
- Semolina
- Soft wheat flour
- Spelt
- Vital gluten
- Wheat (bran, germ, gluten, malt, starch)
- Whole wheat berries
- Whole wheat flour

Label Ingredients That May Indicate the Presence of Wheat Protein

- Gelatinized starch
- Hydrolyzed vegetable protein
- Modified food starch
- Modified starch
- Natural flavoring
- Soy sauce
- Starch
- Vegetable gum
- Vegetable starch