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GLUTEN-CONTAINING GRAINS AND THEIR DERIVATIVES

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| Baked goods | Rye |
| Barley | Sauces and gravies |
| Beer | Triticale |
| Breading and coating mixes | Wheat |
| Breads and pasteries | Varieties and derivatives of wheat..... |
| Brewer's Yeast | • Wheatberries |
| Cereal & Granola | • Durum |
| Crackers | • Emmer |
| Croutons | • Semolina |
| Flour tortillas | • Spelt |
| Malt | • Farina |
| Noodles | • Farro |
| Wheat Starch | • Graham |
| Pancakes (crepes, French toast, waffles) | • Kamut khorasdan wheat |
| Pastas (couscous, dumplings, gnocchi, ravioli) | • Einkorn wheat |

FOODS THAT MAY CONTAIN GLUTEN

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| Brown rice syrup | Pre-seasoned meats |
| Candy and candy bars | Potato chips |
| Cheesecake filling | Processed lunch meats |
| Distilled beverages and vinegars | Salad dressings and marinades |
| Eggs served at restaurants | Self-basting poultry |
| Energy Bars/Granola Bars | Soup |
| French Fries | Soy sauce |
| Meat Substitutes | Starch or Dextrin |
| Multi-grain or artisan tortilla chips
or tortillas | |