

Here is a list of words that may indicate the presence of wheat or gluten on ingredient labels:

Direct Mentions of Wheat:

- \* Wheat
- \* Wheat flour (all-purpose, bread, durum, enriched, graham, high-gluten, high-protein, white, whole wheat)
- \* Wheat berries
- \* Wheat bran
- \* Wheat germ
- \* Wheat starch (note: if processed to remove gluten, it may be in gluten-free products)
- \* Hydrolyzed wheat protein

Other Grains Containing Gluten:

- \* Barley
- \* Rye
- \* Triticale (a hybrid of wheat and rye)
- \* Spelt (also known as dinkel or farro)
- \* Kamut (also known as khorasan wheat)
- \* Einkorn
- \* Emmer

Wheat Components and Derivatives:

- \* Gluten
- \* Seitan (pure wheat gluten)
- \* Semolina (from durum wheat)
- \* Farina (milled wheat endosperm)
- \* Couscous (made from semolina)
- \* Bulgur (cracked wheat)
- \* Atta (whole wheat flour, often used in Indian cuisine)
- \* Matzo/Matzah flour or meal

Ingredients That May Contain Wheat or Gluten:

- \* Malt (malt extract, malt flavoring, malt syrup, malt vinegar)
- \* Brewer's yeast (often grown on barley)
- \* Modified food starch (can be derived from wheat; check the source)
- \* Hydrolyzed vegetable protein (can be derived from wheat; check the source)
- \* Dextrin (can be derived from wheat; check the source)
- \* Maltodextrin (can be derived from wheat; check the source)
- \* Natural flavoring (can sometimes contain gluten; check with the manufacturer)
- \* Caramel color (can sometimes be made with barley malt extract)
- \* Soy sauce (some varieties contain wheat)
- \* Thickening agents (some may be wheat-based)
- \* "May contain wheat" or "Processed in a facility that also processes wheat" (these are advisory labels for potential cross-contamination)

Important Considerations:

- \* "Wheat-free" does not always mean "gluten-free." A product can be wheat-free but still contain gluten from barley, rye, or other sources.
- \* Read labels carefully every time. Ingredient lists can change.
- \* If a product is labeled "gluten-free" in the U.S., it must contain less than 20 parts per million (ppm) of gluten. However, it's still wise to check the ingredient list for any of the above terms, especially if you have a wheat allergy, as some wheat derivatives might be

used even in small amounts.

\* Contact manufacturers if you are unsure about an ingredient.

This list is intended as a guide, and it's crucial to be vigilant and informed when reading ingredient labels if you need to avoid wheat or gluten.