

GLUTEN QUESTIONNAIRE

Gluten intolerance has been found to be most common among people of Irish, English, Scottish, Scandinavian, and Eastern European. Often times it is assumed that gluten intolerance is a food allergy, but it is not. It is actually an autoimmune process, which affects an alarming percentage of the population. The most significant symptoms are **weight gain, fatigue and depression.**

The following test is a diagnostic tool to help you to understand the symptoms and signs that are likely to go along with gluten intolerance.

Test Interpretation Guide (combine both sections)

Number of “Yes” Responses	=	Potential for Gluten Intolerance
4 or less	=	Not likely
5 - 8	=	Suspected
9 or more	=	Very likely

Do any of the following apply to you?

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Weight gain
<input type="checkbox"/>	<input type="checkbox"/>	Unexplained fatigue
<input type="checkbox"/>	<input type="checkbox"/>	Difficulty relaxing, feel tense frequently
<input type="checkbox"/>	<input type="checkbox"/>	Unexplained digestive problems
<input type="checkbox"/>	<input type="checkbox"/>	Female hormone imbalances, (PMS, menopausal symptoms)
<input type="checkbox"/>	<input type="checkbox"/>	Muscle or joint pain or stiffness of unknown cause
<input type="checkbox"/>	<input type="checkbox"/>	Migraine like headaches
<input type="checkbox"/>	<input type="checkbox"/>	Food allergies/sensitivities
<input type="checkbox"/>	<input type="checkbox"/>	Difficulty digesting dairy products
<input type="checkbox"/>	<input type="checkbox"/>	Tendency to over consume alcohol
<input type="checkbox"/>	<input type="checkbox"/>	Overly sensitive to physical and emotional pain, cry easily
<input type="checkbox"/>	<input type="checkbox"/>	Cravings for sweets, bread, carbohydrates
<input type="checkbox"/>	<input type="checkbox"/>	Tendency to overeat sweets, bread, carbohydrates
<input type="checkbox"/>	<input type="checkbox"/>	Abdominal pain or cramping
<input type="checkbox"/>	<input type="checkbox"/>	Abdominal bloating or distention
<input type="checkbox"/>	<input type="checkbox"/>	Intestinal gas
<input type="checkbox"/>	<input type="checkbox"/>	“Love” specific foods
<input type="checkbox"/>	<input type="checkbox"/>	Eat when upset, eat to relax
<input type="checkbox"/>	<input type="checkbox"/>	Constipation or diarrhea of no known cause
<input type="checkbox"/>	<input type="checkbox"/>	Unexplained skin problems/rashes
<input type="checkbox"/>	<input type="checkbox"/>	Difficulty gaining weight

Have you suffered from any of the following conditions?

Yes	No	
<input type="checkbox"/>	<input type="checkbox"/>	Allergies
<input type="checkbox"/>	<input type="checkbox"/>	Depression
<input type="checkbox"/>	<input type="checkbox"/>	Anorexia
<input type="checkbox"/>	<input type="checkbox"/>	Bulimia
<input type="checkbox"/>	<input type="checkbox"/>	Rosacea
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes
<input type="checkbox"/>	<input type="checkbox"/>	Osteoporosis/bone loss
<input type="checkbox"/>	<input type="checkbox"/>	Iron deficiency/anemia
<input type="checkbox"/>	<input type="checkbox"/>	Chronic fatigue
<input type="checkbox"/>	<input type="checkbox"/>	Irritable bowel syndrome
<input type="checkbox"/>	<input type="checkbox"/>	Crohn's disease
<input type="checkbox"/>	<input type="checkbox"/>	Ulcerative colitis
<input type="checkbox"/>	<input type="checkbox"/>	Candida
<input type="checkbox"/>	<input type="checkbox"/>	Hypoglycemia
<input type="checkbox"/>	<input type="checkbox"/>	Lactose intolerance
<input type="checkbox"/>	<input type="checkbox"/>	Alcoholism

A Brief Explanation of Gluten Intolerance

As stated above, gluten intolerance is an autoimmune process, and not a food allergy. It is most common among people of Irish, English, Scottish, Scandinavian, and Eastern European. The most common symptoms include, but are not limited to: **weight gain**, **fatigue** and **depression**.

A person with gluten intolerance cannot digest the protein portion of many commonly eaten grains. When this protein is ingested it combines with the enzyme transglutaminase to form an immune complex that deposits on the lining of the intestines. The body recognizes this as a foreign substance, and begins an immune reaction to the complex. Immune cells come into the area and release a series of toxins to try to “kill” this unidentified immune complex. These toxins from the immune system cause inflammation in the digestive system and damage the lining tissue. This is what causes the unexplained digestive symptoms like bloating, diarrhea, constipation, gas, and cramping. The toxins are also responsible for feelings of fatigue and malaise after a meal containing these foods.

The walls of the digestive tract are lined with immune cells that form a protective barrier called Secretory IgA. This lining protects against infectious agents such as bacteria, parasites, and fungus. If a person with gluten intolerance continues to eat the gluten, in time the constant inflammation and irritation in the digestive tract wears away the Secretory IgA. This depletion of immune cells makes a person very susceptible to infectious agents it would normally be able to fight off. The inflammation also begins to damage the small intestine. This affects the person's ability to absorb the nutrients

they need. You quite literally are what you eat and if your body isn't able to properly absorb your food, you will suffer a myriad of symptoms.

The number one symptom associated with mal-absorption resulting from gluten intolerance is a combination of fatigue and weight gain. If you are not properly absorbing your food you will not be getting any of the nutrients from the food you eat. This will leave you constantly hungry and endlessly tired. Without proper absorption of nutrients, mineral and vitamin deficiencies can develop. Muscle cramping is a common symptom that can arise. The lack of magnesium impairs muscle contraction. Magnesium deficiency has also been linked to cardiovascular disease. An inability to absorb calcium can lead to osteoporosis. Mineral deficiency can also create feelings of restlessness and an inability to relax. It can also make sleep difficult and create insomnia. If you cannot absorb your B vitamins you will develop weakness, fatigue, and malaise. If you cannot absorb fats then you cannot control inflammation and since most hormones are made from cholesterol, you will not have the building blocks to synthesize hormones. This among other things can create hormone imbalances, interfering with your ability to handle stress and maintain a balanced emotional state. This also contributes to weight gain in a substantial way. Your hormones have a large effect on your metabolism and your ability to process fat and carbohydrates. Imbalance in insulin will eventually lead to diabetes.

There is also a phenomenon that causes people to crave things that they are allergic to. There are many theories as to why this happens and the exact mechanism is not yet fully understood. But this is the reason why many people crave carbohydrates or become "addicted" to them much the way an alcoholic becomes addicted to alcohol.

There are cells lining the intestinal tract that create enzymes to digest food. They too are damaged in this process. If the body cannot secrete the enzyme lactase, lactose can no longer be digested and the person becomes intolerant to dairy. They may also lose their ability to digest protein - which can lead to a deficiency in amino acids. Amino acids are the building blocks for neurotransmitters, one of which is Serotonin. Low levels of Serotonin have been medically linked to problems with depression and insomnia

Eventually the digestive tract develops gaps in areas of constant inflammation. This condition is referred to as leaky gut syndrome. When this occurs, these immune complexes form the gluten reaction - other food particles, parasites, bacteria, viruses, fungi and any other invaders can exit the GI tract and enter the blood stream. This increases the body's susceptibility to illness. It is also the origin of many food allergies. Food is meant to be fully digested, broken down and filtered through the liver before it ever enters the blood stream. As undigested food particles slip through the gaps into the blood stream, the body's immune system sees them as foreign invaders and creates immune cells to them. Then next time you eat these food the body remembers them as a potentially threatening invader and creates a reaction to them resulting in a food allergy.

How to Take Further Action

These are possible reactions that *can* occur over time with a person who is gluten intolerance. Not all people will react in an extreme way, but if you do have intolerance to gluten it is very important that you identify it and avoid all products containing gluten.

If you scored 5 or higher on the questionnaire, I recommend you eliminate all gluten-containing foods from your diet for a minimum of two months. At the end of the two months you will notice significant relief (if not elimination) from your symptoms if you are in fact gluten intolerant. If you identify yourself as gluten intolerant you will need to remain gluten-free for the rest of your life to avoid the unwanted and harmful effects of gluten. If you feel like you need “hard proof”, then you will need to get a [gene test and Cyrex Labs Array #3 from our office](#).

Gluten-free means avoiding all foods containing gluten, including wheat, rye, spelt, bulgar, semolina, couscous, triticale, and durum flour. Gluten can be hidden, so read labels carefully. Be wary of modified food starch, dextrin, flavorings and extracts, hydrolyzed vegetable protein, imitation seafood, and creamed or thickened products such as soups, stews, and sauces. Please refer to the rest of this guide, for a more detailed discussion on gluten intolerance.

Dr. Karl R.O.S. Johnson's
Gluten Free, Casein Free, Soy Free, Egg Free, Yeast Free Eating Guide
www.HelpMyChronicPain.com/blog

Avoidances on Gluten/Egg/Yeast/Soy/Dairy Free Diet

Dairy:

- milk
- butter
- buttermilk
- kefir
- milk powder
- whey
- ice cream
- condensed milk
- evaporated milk
- infant formula
- ghee
- smen
- cheese
- cottage cheese
- quark
- cream cheese
- casein
- yogurt
- gelato
- clabber

Soy:

- soymilk
- tofu
- soy sauce
- fermented bean paste
- natto
- tempeh
- soybean oil
- edamame
- soy protein
- soy flour
- textured vegetable protein
- miso
- soybean meal
- some infant formulas

Yeast:

- beer
- wine
- baked goods (breads)
- vinegar
- Kvass
- Kombucha
- Nutritional yeast
- Yeast extract

Eggs:

- Anything with eggs or any form of eggs (whites, yolks, etc.)

Gluten:

- wheat
- barley
- rye
- seitan
- kamut
- spelt
- malts
- triticale
- einkorn
- semolina
- durum
- bulgar or bulghar
- kamut
- cracker meal
- couscous
- tabbouleh
- tempura crumbs
- soy sauce
- maltodextrine
- dextrine
- dextrose
- oats
- matzah
- some vegetable proteins
- some vegetable starches
- modified food starch (unless noted as not wheat)
- "natural flavoring" (check with manufacturer)
- gelatinized starch or pregelatinized starch

A-Okay Salad Dressings!

These two dressings are made with ingredients that are safe for all of the diets listed on this document.

Lime Dressing

4 shallots, finely chopped
2 teaspoons dry mustard
juice and zest from 4 limes
pinch of sea salt
1 cup deep-colored olive oil

Combine shallots, mustard, lime juice, zest and salt in a small bowl. Drizzle the oil slowly in a steady stream while whisking briskly, or use blender to make smoother.

Lemon and Olive Oil Dressing

1 cup deep-colored olive oil
juice of 4 lemons
3 or 4 cloves minced garlic
1 teaspoon dry mustard (optional)
pinch of sea salt
sugar substitute (Stevia)

Combine these ingredients in a small bowl and whisk vigorously until blended. Serve on any salad



For More Information Visit:

<http://www.HelpMyChronicPain.com/Blog>

What you CAN eat on a gluten-free diet:

- fruits and vegetables, dried fruits (unsulfured)
- fresh meats and fish
- milk, eggs, cheese, butter (except Roquefort)
- beans, peas, cooking oils
- almonds and other nuts
- carob
- corn/blue corn – cornmeal, polenta, flour, pasta
- arrowroot
- buckwheat – whole grain, flour
- Quinoa – whole grain, flour
- Rice – whole grain, flour, rice pasta
- Potato – flour
- Tapioca – whole pearl, flour
- Oats—only those that are certified gluten-free
 - www.glutenfreeoats.com
 - http://www.glutenfreeoats.com/shopsite_sc/index.html
 - Bob's Red Mill Brand
 - <http://www.bobsredmill.com/product.php?productid=4075&cat=123&page=1>
 - www.giftsofnature.net
 - http://www.creamhillestates.com/en_order.php

Foods/Ingredients to avoid:

- grains and grain products: wheat, durum
- tabouli
- oats if not certified gluten-free, barley, rye, spelt, kamut, triticale
- flour tortillas
- wheat germ
- ramen noodles of any type
- pasta made from wheat flour
- durum semolina (pasta flour from wheat)
- couscous
- soy sauce or teriyaki sauce (unless wheat free)
 - LaChoy brand soy sauce and teriyaki sauce are gluten-free
- graham flour, crackers
- malt
- breaded foods, bread crumbs
- barley malt
- maltodextrin
- bouillon cubes

Foods/Ingredients to use cautiously (read the ingredient label):

- amaranth* - whole grain, flour
- teff* - whole grain, flour

- modified corn starch and/or hydrolyzed vegetable protein
- canned soups
- frankfurters
- dry soup, sauce mixes
- commercially prepared meats
- baking powder
- stuffings
- vegetable protein
- distilled white vinegar
- monosodium glutamate
- millet* - whole grain, flour
- fillers and seasonings (on list of ingredients; may need to check with company as to what they are)

Unusual Foods/Ingredients that may contain gluten:

- ice cream
- pudding
- soups
- canned vegetables
- low fat spreads
- beer
- meat sauces
- tomato sauces
- some herbal teas or instant coffees
- non-dairy creamers
- salad dressings
- sour cream

Substitutions:

For 1 cup wheat (all-purpose) flour use:

- 1 cup corn flour
- 1 cup potato flour
- 3/4 cup cornmeal
- 7/8 cup rice flour
- 3/4 cup soy flour

Add flour carefully.

Amount to use may vary.

For 1 TBSP wheat flour

(to thicken sauces, gravies, puddings):

- 1 TBSP arrowroot
- 1/2 TBSP potato starch flour
- 1/2 TBSP tapioca (quick cooking)
- 1 TSP Xanthan gum

Nutrition Bars

Bumble Bar

- Organic Original
- Organic Chocolate

Kind Bars

- Almond and Coconut
- Nut Delight
- Almond & Apricot
- Macadamia & Apricot

LaraBar

- Apple Pie
- Banana Cookie
- Cherry Pie
- Chocolate Coconut Chew
- Cashew Cookie
- Pecan Pie
- Ginger Snap
- Cocoa Mole

Nutiva Organic

- Chocolate
- Flax Seed and Raisin
- Original Hemp Seed

Perfect 10 Bliss Bar

- Cranberry Chocolate
- Apricot Chocolate
- Lemon Chocolate
- Apricot
- Apple Cinnamon
- Cranberry
- Cherry
- Lemon

Raw Revolution

- Hazelnut and
- Chocolate
- Raisin and Chocolate
- Raspberry and
- Chocolate

Think Organic

- Chocolate and Coconut
- Cherry Nut
- Apricot Coconut
- Cashew Pecan

Non-Dairy Beverages

Better Than Milk

Original Rice Milk

Blue Diamond Almond Breeze

- Original
- Vanilla
- Chocolate
- Unsweetened Original
- Unsweetened Vanilla
- Unsweetened Chocolate

Pacific Foods

Rice Drink

- Low Fat Plain
- Low Fat Vanilla

Hazelnut Beverage

- Original

Almond Beverage

- Low Fat Plain
- Low Fat Vanilla

Manitoba Harvest Hemp Bliss (Vegan, Gluten-Free, Nut-Free, Soy-Free)

Living Harvest Hempmilk™

Nut Butters

Almond Butter

Cashew Butter

- Potato Flour
- Sweet Rice Flour
- Tapioca Flour
- Rice Bran
- Rice Mix
- Rice Polish

Baking

Arrowhead Mills

- Brownie Mix
- Gluten-free

Pancake Mix

- Brown Rice Flour
- White Rice Flour
- Yellow Corn Meal
- Buckwheat Flour
- Gluten-free All Purpose Baking Mix

Bob's Red Mill

- Almond Meal/Flour
- Gluten-free Pancake Mix
- Amaranth Flour
- Gluten-free Baking Flour
- Garbanzo Bean Flour
- Potato Flour
- Quinoa Flour
- Brown Rice Flour
- White Rice Flour
- Tapioca Flour
- Teff Flour
- Baking Powder
- Baking Soda
- Guar Gum
- Corn Starch
- Potato Starch
- Textured Vegetable
- Xanthan Gum
- Flax Seed Meal
- Organic Flax Seed Meal
- Organic Golden Flax Seed
- Gluten-Free Bread Mix

Cherrybrook Kitchen

- Chocolate Frosting Mix
- Vanilla Frosting Mix

Ener-G Foods

- Egg Replacer

Fearn Brown

- Rice Baking Mix

Gluten-Free Pantry

- Chocolate Brownie Mix
- Old Fashioned Cake & Cookie Mix
- French Bread Mix
- Angel Food Cake Mix
- Muffin & Scone Mix

Hain

- Featherweight Baking Powder

Kinnikinnick

- Pancake/Waffle Mix
- Crispy Chicken Coating Mix
- White Cake Mix
- Chocolate Cake Mix
- Bread & Bun Mix

Let's Do Organic

- Confetti Sprinkelz
- Carnival Sprinkelz

Lundberg

- Organic Brown Rice Syrup
- Brown Rice Syrup, Eco-Farmed

Pamela's

- Baking & Pancake Mix
- Chocolate Brownie Mix
- Bread Mix
- Chocolate Chunk Cookie Mix
- Chocolate Cake Mix

Sylvan Border Farm

- Bread Mix
- Lemon Cake Mix
- Pancake and Waffle Mix
- General Purpose Flour

Red Star

- Yeast

Spices

Bioforce

- Trocomare Seasoning
- Herbamare Seasoning

McKay's

- Beef Instant Broth
- Chicken Instant Broth

Condiments

Annie's Natural

- Raspberry Mustard
- Honey Mustard
- Horseradish Mustard
- Dijon Mustard
- Yellow Mustard
- Organic Ketchup

Spectrum

- Canola Mayonnaise
- Organic Mayonnaise
- Dijon Mayonnaise
- Roasted Garlic

Spectrum cont'd

- Wasabi Mayonnaise
- Olive Oil Mayonnaise
- Eggless Vegan Lite
- Canola Mayonnaise

Salad Dressings & Marinades

Annie's Naturals

- Artichoke Parmesan
- Balsamic Vinaigrette
- Organic Buttermilk
- Caesar
- Cilantro and Lime
- Cow Girl Ranch
- French
- Sesame Ginger and Chamomile
- Organic Green Goddess
- Green Garlic
- Honey Mustard
- Lemon and Chive
- Papaya Poppy Seed
- Raspberry Vinaigrette
- Roasted Red Pepper
- Organic Red Wine and Olive Oil
- Tuscany Vinaigrette
- Organic Yogurt and Dill
- Garlic and Basil

Drew's

- Italian Garlic
- Garlic and Peppercorn
- Kalamata Olive and Caper
- Romano Caesar
- Rosemary Balsamic
- Smoked Tomato

Organicville

- Sesame Tamari
- Tarragon Dijon
- Orange Cranberry
- Pomegranate
- Olive Oil and Balsamic

Pasta And Rice

Comment: the brown rice pastas can get mushy. I've had the best luck with the corn and quinoa-based pastas.

Ancient Harvest Quinoa

- Garden Pagodas
- Original
- Elbow
- Linguini
- Rotelle
- Spaghetti
- Super Grain Spaghetti Style

Annie Chun's

- Original Pasta
- Spicy Hunan

Asian Pasta

- Pad Thai Asian Pasta
- Rice Noodles

DeBoles

- Angel Hair Rice Pasta
- Elbows & Cheese Rice Pasta

Lundberg Rice (Organic)

- Brown Sweet
- White Basmati
- Brown Basmati
- Brown Jasmine
- Golden Rose Brown
- Sushi
- Long Grain Brown
- Long Grain White
- White Jasmine

Lundberg Rice (Eco-Farmed)

- White Jasmine
- Short Grain Brown
- White Arborio
- White Basmati
- Long Grain Brown

Lundberg Rice Expressions

- Santa Fe Grill
- Chicken Herb
- Classic Beef

Lundberg Risotto

- Porcini
- Butternut Squash
- Creamy Parmesan
- Cheddar Broccoli

Mrs. Leepers

- Organic Rice Twists
- Organic Rice Pasta
- Cheeseburger Mac
- Beef Lasagna
- Chicken Alfredo
- Creamy Tuna
- Beef Stroganoff

Seeds of Change

- Zesty Cilantro Quinoa
- Tomato Basil Quinoa

Tinkyada

- Spaghetti
- Spinach Spaghetti
- Spaghetti Style With Rice Bran
- Fettuccini Style

Sauces And Mixes

Mayacamas

- Low Fat Brown Gravy
- Low Fat Chicken Gravy
- Low Fat Savory

Herb Gravy

- Low Fat Turkey Gravy
- Hollandaise Sauce Mix
- Alfredo Sauce Mix
- Creamy Clam Sauce Mix
- Pesto Sauce Mix
- Garden Skillet Pasta Mix
- Black Olive Pesto Mix
- Green Olive Pesto Mix

Soups And Broths

Amy's

- Corn Chowder
- Split Pea
- Chunky Vegetable
- Black Bean Vegetable
- Lentil Vegetable
- Potato Leek
- Creamy Tomato, Low Salt
- Lentil Vegetable, Low Salt
- Tomato Bisque
- Creamy Tomato
- Lentil
- Southwest Vegetable

Imagine Foods

- Organic Free-Range Chicken Broth
- Organic Fat-free vegetable Broth
- Organic No Chicken/Low Fat Broth
- Broccoli Soup
- Butternut Squash Soup
- Potato Leek Soup
- Sweet Corn Soup
- Tomato Soup
- Portabello Mushroom Soup

Pacific Foods

- French Onion Soup
- Roasted Red Pepper and Tomato Soup
- Creamy Tomato Soup
- Creamy Roasted Carrot Soup
- Creamy Butternut Squash Soup
- Beef Broth
- Mushroom Broth
- Vegetable Broth
- Free-Range Chicken Broth
- Organic Free-Range Chicken Broth, Low Sodium
- Organic Free-Range Chicken Broth

Shelton's

- Chicken Tortilla Soup
- Chicken Rice Soup
- Chicken Broth, Fat Free, Low Sodium
- Chicken Broth
- Chicken Broth With Salt & Spices

- Mild
- Hot
- Roasted Chili Pepper

Beans And Chilis

Amy's

- Vegetarian Beans
- Black Bean Chili
- Spicy Chili
- Chili with Vegetables, Medium
- Medium Chili
- Refried Beans With Green Chilis
- Refried Beans
- Refried Black Beans

Fantastic Foods

- Original Hummus Dip
- Instant Black Beans

Shelton's

- Chicken Chili with Black Beans, Mild
- Chicken Chili with Black Beans, Spicy
- Turkey Chili with Beans, Mild
- Turkey Chili with Beans, Medium

Salsa And Dips

505 Southwest Salsa

- Chunky Chile, Medium
- Organic Salsa, Medium
- Organic Green Chili Sauce, Hot
- Organic Green Chili Sauce, Medium
- Red Chili Sauce
- Chipotle Honey Roasted Green Chili
- Flame Roasted Green Chili

Green Mountain Salsa

- Fire Roasted Garlic
- Medium

Ethnic Foods

Arora Organic Seasonings

- Goan Fish Curry
- Chicken Tikka Masala
- Tandoori Chicken
- Bhindi Masala (Green Vegetable)
- Rajmah (Kidney Beans)
- Gobi (Cauliflower)
- Punjabi Chhole (Chickpeas)

Food Merchant Organic

- Garlic Basil Polenta
- Tomato Garlic Polenta
- Traditional Polenta

Thai Kitchen

- Instant Curry Rice Noodles
- Instant Garlic and Veggie Rice Noodles
- Instant Lemongrass and Chili Noodles
- Instant Onion Rice Noodles
- Mushroom Medley Noodle Bowl
- Roasted Garlic Noodle Bowl
- Spring Onion Noodle Bowl
- Lemongrass and Chili Noodle Mix
- Thai Ginger Instant Noodles
- Roasted Garlic Noodle Cart
- Thai with Chili Noodle Mix
- Thai Peanut Noodle Mix
- Coconut Ginger Soup
- Premium Fish Sauce
- Spicy Thai Chili Sauce
- Roasted Red Chili Paste
- Green Curry Pasta
- Sweet Red Chili Sauce

Cookies And Crackers

Blue Diamond Nut Thins

- Almond (contains milk/casein)
- Cheddar Cheese (contains milk/casein)
- Country Ranch (contains milk/casein)
- Hazelnut (contains milk/casein)
- Pecan (contains milk/casein)
- Smokehouse (does not contain milk or casein)

Edward & Sons

- Onion Garlic Rice Snaps
- Sesame Rice Snaps
- Tamari Seaweed Rice Snaps
- Organic Cheddar Brown Rice Snaps
- Onion Brown Rice Snaps
- Unsalted Brown Rice Snaps
- Unsalted Sesame Brown Rice Snaps
- Vegetable Brown Rice Snaps

Ener-G Foods

- Wylde Pretzels
- Sesame Pretzel Rings

Envirokidz

- Vanilla Animal Cookies
- Organic Cheetah Berry
- Crispy Rice Bars Koala Chocolate
- Crispy Rice Bars Panda Peanut Butter
- Crispy Rice Bars

Health Valley

- Rice Bran Crackers

Holgrain

- Low Salt Brown Rice Cracker
- Onion Garlic Brown Rice Cracker

Jennie's

Coconut Macaroons

Lundberg Rice Cakes (Organic)

- Brown Rice
- Brown Rice, No Sodium
- Rice w/Popcorn
- Wild Rice
- Koku Seaweed

Lundberg Rice Cakes (Eco-farmed)

- Buttery Caramel
- Wild Rice
- Toasted Sesame
- Brown Rice
- Brown Rice, No Sodium

Midel

Ginger Snaps

Real Foods

Original Corn Thins
Multigrain Corn Thins
Sesame Corn Thins

- Organic Corn Flakes, Honey Sweetened

Perky's

- Nutty Rice
- Nutty Flax

Pocono

Cream of Buckwheat

Cereal

Comment: you shouldn't be eating cereal for breakfast...or much at all. You need a high quality protein-based breakfast such as eggs, chicken breast, steak etc.

Arrowhead Mills

- Buckwheat Maple Cereal
- White Corn Grits

Barbara's

- Organic Brown Rice Crisps
- Organic Corn Flakes

Bob's Red Mill

- Mighty Tasty
- Brown Rice Farina

Envirokidz

- Amazon Flakes
- Organic Gorilla Munch
- Organic Koala Cocoa
- Organic Panda Puffs

Erewhon

- Organic Crispy

Brown Rice

- Rice Twice

New Morning

Organic Cocoa Crispy Rice

Nature's Path

- Organic Corn Flakes, Fruit Sweetened

Frozen

Alexia

- Mashed Potatoes
 - Garlic Mashed with Parmesan
 - Yukon and Sea Salt
- Oven Blends
 - Garlic with Olive Oil
 - Oven Crinkles
- Classic
 - Onion and Garlic
- Oven Fries
 - Olive Oil and Sea Salt
 - Olive Oil, Rosemary & Garlic
- Oven Reds
 - Olive Oil, Parmesan and Roasted Garlic
 - Olive Oil, Sundried Tomatoes
- Sweet Potato
 - Hanna Gold Julienne with Sea Salt
- Yukon Gold
 - Julienne Fries with Sea Salt

Amy's

- Indian Mattar Paneer
- Indian Palak Paneer
- Shepherd's Pie
- Cheese Pizza, Rice Crust
- Santa Fe Enchilada Bowl
- Brown Rice & Vegetables Bowl
- Rice Mac & Cheese
- Garden Vegetable
- Lasagna
- Cheese Enchilada
- Black Bean & Vegetable Enchilada

Cedarlane

- Five Layer Mexican Dip

Food for Life

- Rice Almond Bread
- Brown Rice Bread
- Rice Pecan Bread
- White Rice Bread
- Millet Bread

Ian's

- Chicken Nuggets, Wheat-Free/Gluten-Free Recipe
- Fish Sticks, Lightly Breaded,
- Wheat-Free/Gluten-Free Recipe

Lifestream

Buckwheat Waffles

Nature's Path

- Organic Homestyle Frozen Waffles
- Organic Buckwheat Wildberry Frozen Waffles

Omega Foods

- Mahi Mahi Burgers
- Tuna Burgers
- Salmon Burgers

Rice Expressions (Organic)

- Long Grain White
- Tex Mex
- Rice Pilaf
- Brown Rice
- Thai Jasmine

Shelton's

Uncured Chicken Franks
Uncured Turkey Franks

Starlite

Taquitos

Herbal Teas

Celestial Seasonings

- Caffeine Free Herbal Tea
- Acai Mango Zinger®
- Bengal Spice®
- Black Cherry Berry
- Caffeine Free Herbal Tea
- Chamomile
- Cinnamon Apple Spice
- Country Peach Passion®
- Cranberry Apple Zinger®
- Fruit Tea Sampler
- Herbal Tea Sampler
- Honey Vanilla Chamomile
- Lemon Zinger®
- Mandarin Orange Spice®
- Mint Magic®
- Peppermint
- Raspberry Zinger®
- Red Zinger®
- Roastaroma®
- Sleepytime®
- Sleepytime® Vanilla
- Sweet Apple Chamomile
- Sweet Clementine Chamomile
- Organic Herb Tea
- Tangerine Orange Zinger®
- Tension Tamer®
- Tropic of Strawberry®
- True Blueberry®
- Wild Berry Zinger®

- Oats are allowed ONLY if they come from a gluten-free farm
 - www.glutenfree.com –oats
 - www.glutenfreeoats.com
 - Bob's Red Mill Brand
 - <http://www.bobsredmill.com/product.php?productid=4075&cat=123&page=1>
 - www.giftsofnature.net

Grains and Flours Glossary

Gluten-Free Diet: Grains and Flours




This list is intended to be an aid in choosing and enjoying gluten-free foods. Self-management of one's diet requires awareness of foods' **content** by label reading; awareness of foods' **contact** with gluten-containing grains; and awareness of foods' **contamination** by such grains in storage or preparation. Research on the relationship of celiac disease and food items is still limited.

As with the general public, people with celiac disease and dermatitis herpetiformis may also need to consider food allergies. The eight major food allergen groups are:


Milk * Eggs * Fish * Crustacean shellfish * Tree nuts * Peanuts * Wheat * Soybeans


Self-management is the key to living a full life, gluten-free. Personal application must be based upon understanding one's own tolerances.


How is [Gluten-Free Defined?](#)


Explanation of Symbols		
 Consistent with a gluten-free diet at this time.	 Questionable due to content, contact, or contamination.	 NOT CONSISTENT WITH A GLUTEN-FREE DIET AT THIS TIME.


[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#)

 **acorn** [Quercus spp.] Sweet edible nut used whole or ground into flour. Flour adds flavor and fiber, but does not bind well.

 **almond** [Prunus amygdalus] Sweet edible nut used whole or ground into flour. This flour, alone or in combination with other flours, is used in breads, cakes and pastries.

 **amaranth** [Amaranthaceae] Many varieties; related to spinach, beets and pigweed. Tiny seeds are commercially available whole, or ground into a light brown flour with a nutty taste. Highly nutritious. Edible leaves.

 **arborio rice** Short-grain white rice of Northern Italy used for risotto. Cooks up creamy. Similar to the California-grown short-grain variety, pearl.

 **aromatic rice** Brown or white rice with a natural aroma and flavor similar to roasted nuts or

popcorn.

✔ **arrowroot** [Maranta arundinacea] Herbaceous tropical perennial. The starch, extracted from the rhizomes, is used as a thickener and blends well with gluten-free flours. Interchangeable with cornstarch.

✔ **artichoke** [Cynara scolymus] Flower head of a thistle-like plant. Used cooked as a vegetable, or dried and ground into flour. Combine flour with rice, potato, and/or tapioca flour for breads and other baked goods.

❌ **BARLEY** [Hordeum vulgare] The offending storage protein [prolamin] is known as hordein. BARLEY is present in many commercial products as malt, flavorings, colorings, and/or flavor enhancers. May be a part of hydrolyzed plant protein [HPP] or hydrolyzed vegetable protein [HVP].

✔ **basmati rice** Very slender, long-grain, highly aromatic rice grown in India and Pakistan. High in flavor; available in brown and white forms.

✔ **beans** Seeds of leguminous plants. Used whole as a cooked vegetable; pureed as a thickener, or dried and ground into flour. Many commercial gluten-free bean flours are available. (See legumes.)

✔ **besan** (gram, chickpea flour) Pale yellow flour made from ground, dried chickpeas; very nutritious, high in protein. Used in doughs, dumplings, and noodles; as a thickener for sauces; and as a batter for deep fried food.

✔ **black and red rice** Rare Asian rice grains with black and red husks and bran coverings. (Also cultivated in California.)

✔ **boil-in-bag rice** Rice that is pre-measured, cooked, and packaged in a colander-style plastic bag for quick, convenient cooking.

? **bran** (WHEAT, RYE, OAT, corn, rice) The meal derived from the epidermis layer or outer covering of a cereal grain.

✔ **brewer's rice** Tiny particles of rice or rice chips, primarily used as an ingredient in brewing beer or in animal feed.

✔ **brown rice** Kernels of rice from which only the hull has been removed. Cooked brown rice has a slightly chewy texture and a nut-like flavor.

✔ **brown rice flour** Ground form of brown rice with a nutty taste.

✔ **buckwheat** [*Fagopyrum esculentum*] Herb with triangular-shaped seed and black shell, used whole, cracked or ground into flour.

✘ **BULGUR** (WHEAT, burghul) A quick-cooking form of whole WHEAT that has been cleaned, parboiled, dried, crushed or ground into particles and sifted into distinct sizes.

✔ **calrose** A type of medium-grain rice grown in California.

✔ **canola** [*Brassica napus*] Hybrid rape seed developed in Canada, most commonly found as cooking oil.

✔ **Carolina** gold rice Distinctive rice grown in the South Carolina low country, known for its golden outer hull.

✔ **cassava** [*Manihot esculenta*] (tapioca, manioc, yuca) Starch, extracted from the root, is ground into flour, which is used as a thickener for soups, fruit fillings and glazes, much like cornstarch.

? **cereal** Any plant from the grass family with an edible seed. The most popular cereal grains are WHEAT, rice, corn, OATS, BARLEY, RYE, millet, quinoa, sorghum, TRITICALE, wild rice, SPELT, and tef.

✔ **channa** Type of chickpea grown in the East Indies. Used whole or ground into flour.

✔ **chestnut** [*Castanea dentata*] Smooth-shelled, sweet, edible nut. Usually roasted, then used whole or ground into flour. (Flour does not bind well.)

✔ **chickpea** (garbanzo) Seed of leguminous plant of the pea family, used whole, pureed or ground into flour. (See besan.)

✔ **coconut flour** From finely ground coconut meat with most of the fat and moisture removed. A low carb flour with 61% fiber. A good protein source. Mild flavor. May be used alone or in combination with other flours in baked goods.

✔ **converted®** Registered trade-mark used to describe parboiled rice.

✔ **corn** [*Zea mays*] Maize, cereal plant native to the Americas. Kernels are largest of cereal seeds. Six major types are dent, flint, flour, sweet, pop and pod corns. Used whole or processed into a multitude of products including sweeteners, flours and oils.

✔ **corn flour** Finely-milled flour from the entire kernel of corn. Can be blended with corn meal and small amounts of other flours for making cornbread and cornmeal mush. Found in white,

yellow and blue varieties.

✔ **corn gluten** Nutrient supplement.

✔ **corn malt** Flavoring agent.

✔ **cornmeal** Coarse grade of milled corn flour. (Not a substitute for cornstarch or corn flour.) Found in white, yellow and blue varieties.

✔ **cornstarch** Thickener derived from corn.

✔ **cottonseed** [*Gossypium hirsutum*] Used as a seed or ground into flour; seeds typically pressed and used as an oil for margarine or cooking oil.

✘ **COUSCOUS (WHEAT)** Granular semolina dish of steamed, crushed, cooked grain.

✔ **dal (dhal)** Split peas or beans from India; used whole, pureed, or ground as flour.

✔ **dasheen flour (eddo flour)** Variation of taro flour, used as a thickener. (See taro flour.)

✔ **della rice** Cross of long-grain rice and basmati rice, developed in the United States.

✘ **DINKLE (WHEAT, spelt)** Common name for spelt.

✘ **DURUM** [*Triticum dicoccum*] (WHEAT) Variety of the Triticums; has high gluten content and is mainly used for pasta.

❓ **edible starch** Can be WHEAT starch or a mixture of several starches.

✘ **EINKORN** [*Triticum monococcum*] (WHEAT) Primitive small-grained WHEAT of Europe and Asia. Einkorn WHEAT represented on some labels as non-glutinous, low-gluten or listed as a corn or maize product.

✘ **EMMER** [*Triticum dicoccum*] (WHEAT) Another name for durum WHEAT. Yields glutinous flour used in pastas.

✔ **enriched rice** White rice with some of the nutrients, mainly the B vitamins, iron, niacin and folic acid, restored after the milling process.

❓ **farina, farinaceous** Fine flour or meal made from cereal grains or the starch of vegetables.

✘ **FARINA® (WHEAT)** A hot WHEAT cereal.

✔ **fava bean** (faba) Legume. Used whole, cooked as a vegetable or ground into flour. Unrelated to celiac disease, favism is an allergic reaction to fava beans that can be life threatening. Favism is most common in those of Mediterranean descent.

✔ **flaxseed** [*Linum usitatissimum*] Seed of ancient medicinal herb, with a nutty flavor. Used whole, toasted or sprouted; ground into meal; or pressed into oil. High in fiber.

❓ **flour** Finely-ground form of a product. Source may be plant, animal or mineral.

❓ **food starch** Can be WHEAT starch or a mixture of several starches.

❌ **FU (WHEAT)** Dried form of gluten, typically from WHEAT if made in Asian countries. (Should not be confused with tofu, which is made from soy.)

✔ **garbanzo** (chickpea) Seed of leguminous plant of the pea family. Used whole, pureed or ground into flour. (See besan.)

❌ **GLIADIN** Naturally occurring simple proteins (gluten peptides) found in the gluten of WHEAT.

❌ **GLUTEN** Storage protein of WHEAT. Used as an umbrella term, although technically not correct, to include storage proteins of BARLEY, RYE, and OATS.

❌ **GLUTEN PEPTIDES** Term used to describe smaller units of proteins from WHEAT, BARLEY, RYE, and OATS.

❌ **GLUTENIN** Naturally occurring simple proteins (gluten peptides) found in the gluten of WHEAT.

✔ **glutinous rice** The term glutinous refers to its sticky texture when cooked. White, brown, or black rice characterized by broad, short grains that stick together during cooking; mainly used in Asian sweet snacks; also known as sweet rice, sticky rice, or waxy rice.

✔ **glutinous rice flour** (sweet, mochiko) Works well as a thickener in sauces and soups. Sauces thickened with sweet rice flour will not separate when frozen and thawed.

❌ **GRAHAM flour** (WHEAT) Graham flours are WHEAT flours, not to be confused with gram flour from chickpeas.

✔ **gram flour** (besan) Made from chickpeas.

- ❓ **granary flour** May be a combination of flours based on cereal grains.
- ❓ **grits** Any coarsely ground grain. Used as a cereal or a side dish.
- ❓ **groats** Hulled crushed grain. Used as a cereal, side dish, or as a thickener in soups.
- ❓ **hemp** (Industrial) No research on the dietary use of hemp for a celiac diet is on file in the CSA office. Should be gluten-free but sample of hemp flour tested ELISA 15 ppm gliadin in 2001.

- ✅ **hominy** White or yellow corn kernels from which the hull and germ have been removed. Used canned as a side dish or in casseroles.
- ✅ **hominy grits** Side dish of coarsely ground dried hominy.
- ❓ **hulls** Outer inedible covering or husk layer that encloses any grain kernel. Industrial uses.
- ✅ **instant rice** Rice that has been precooked and dehydrated.
- ✅ **japonica rice** Specialty rice, typically used for rice stuffing and side dishes.
- ✅ **jasmine rice** Variety of aromatic rice.
- ✅ **Job's tears** [*Coix lachryma-jobi*] Seed of ancient annual grass, resembling large barley. Used as a substitute for pearl barley.
- ❌ **KAMUT** [*Triticum polanicum*] (WHEAT) Kernels are 2-3 times larger than WHEAT.
- ✅ **kasha** Roasted buckwheat groats, with a toasty, nutty flavor. Russian kasha may also contain millet and oats.
- ✅ **koshihikari** Variety of Japanese rice, now being cultivated in the United States.
- ✅ **kudzu** Leguminous Asian plant whose roots yield a starchy powdered extract, used as a thickener. Leaves and stems are also edible.
- ✅ **legumes, leguminous** Plants with seeds in pods. There are more than a hundred legumes including: peanuts, lentils, peas, soya, beans, channa, garbanzo (chickpea, gram). Versatile served as vegetables, dried and ground into flour, or pureed. May be processed into oils or butters.
- ✅ **lentils** Tiny lens-shaped seeds of a leguminous plant. The three main varieties are: French/European lentil, Egyptian/red lentil, and yellow lentil.
- ✅ **long-grain rice** Brown or white rice kernels, averaging five times as long as they are wide.

- ✔ **maize, maiz, masa harina** Other names for corn or corn flour.
- ❓ **malt** Artificially germinated and dried seeds of grain, typically BARLEY or corn, ground into a powder. Malt is the basis for a variety of flavoring agents. Corn malt is gluten-free.
- ✔ **manioc** [Manihot esculenta] (cassava, tapioca, yuca) Starch, extracted from the root, is ground into flour, which is used as a thickener for soups, fruit fillings and glazes, much like cornstarch.
- ❌ **MATZA, MATZO, MATZAH (WHEAT)** Traditional Jewish unleavened bread made from WHEAT.
- ✔ **millet** [Panicum miliaceum] Drought-tolerant grasses with small seeds which can be substituted for sorghum in most recipes.
- ✔ **milo** Versatile grain used whole, cracked or as a flour. (See sorghum.)
- ❌ **MIR.** [Mironovskaya spp.] (WHEAT and RYE cross) Many variations.
- ✔ **modified corn starch** Corn starch chemically modified to improve properties for commercial uses.
- ❓ **modified food starch** (WHEAT, corn, potato, tapioca) Starch that has been modified by rearranging the molecules.
- ✔ **modified tapioca starch** Tapioca modified to improve consistency, stability and flavor.
- ✔ **nuts Tree nuts and peanuts** (a legume) do not contain gluten. Used whole or processed into butters or oils.
- ❓ **nuts, dry roasted** Processing agents may contain WHEAT flour or flavorings.
- ❓ **OAT bran** Meal derived from the epidermis layer or outer covering of the OAT grain.
- ❓ **OAT fiber** Used commercially in a variety of products. High fiber content.
- ❓ **OAT gum** Stabilizer found in processed meats and cheeses.
- ❓ **OATS** [Avena sativa] Storage protein, (prolamin), is known as avenin. Conflicting studies exist on whether pure OATS are problematic for those diagnosed with celiac disease and dermatitis herpetiformis. OAT prolamins comprise only about 10-15% of the total protein in OATS, much less than in wheat, barley, or rye.
["The Scoop on Oats."](#) (For further information, see the Q&A on "OATS and the Celiac", page 14,

Spring 2001 CSA Lifeline.)

✔ **peanut** [*Arachis hypogaea*] Seed of a leguminous plant. Used whole, ground into flour, or processed into an oil or butter.

✔ **pearl rice** California short-grain; white kernels very plump and almost round.

✔ **polished rice** Regular milled white rice. The outer husk is removed, and the layers of bran are milled until the grain is white.

✔ **popcorn** Variety of corn suitable for popping. Unpopped kernels may be milled into a light corn flour. Popped corn may be pulverized and added to ready-to-eat breakfast cereals, or used as soup/salad toppers.

✔ **popcorn rice** Grown in Louisiana, this long-grain rice is cross between basmati and regular rice. (Tastes like buttered popcorn, but the scent is stronger than the flavor.)

✔ **potato flour** Commercially ground from the whole potato, used as a thickener. Retains potato flavor.

✔ **potato starch flour**, potato starch Commercially prepared from cooked potatoes that are washed of all fibers until only the starch remains.

✔ **precooked rice** White or brown rice that has been completely cooked and dehydrated after milling.

❓ **prolamin** Any class of simple amino acid strings high in proline and glutamine. Gliadin and glutenin are the prolamins for WHEAT, zein for corn, hordein for BARLEY, secalin for RYE, and avenin for OATS.

✔ **quinoa** [*Chenopodium quinoa* Willd.] Seed of ancient cereal grain of Peru, related to amaranth. Mild nutty flavor. Versatile; can be substituted for any grain. Used whole; as a hot cereal; ground into flour. Adds moisture to baked goods.

✔ **red rice** Type of rice grown in South Carolina. (Also refers to a dish consisting of tomatoes and rice.)

✔ **rice** [*Oryza sativa*] ("Races" called Indica, Japonica, and Sinica) Semi-aquatic member of the grass family. Rice is gluten-free and non-allergenic. Categorized as short, medium and long, the edible seed is the staple grain for over half the world's population.

✔ **rice bran** Outer layer of brown rice; an excellent source of thiamin, niacin, vitamin B-6, iron,

phosphorus, magnesium, potassium and fiber.

- ✔ **rice bran oil** Mild-flavored oil extracted from rice bran; has a very high smoking point which makes it suitable for frying.
- ✔ **rice couscous** Cracked rice resembling a cracked wheat product called couscous.
- ✔ **rice flour, white rice flour** Ground form of rice that is gluten-free and non-allergenic.
- ✔ **rice hulls** Outer inedible covering protecting the rice kernel--industrial uses.
- ✔ **risotto** Creamy Italian rice dish in which rice is sautéed and cooked in broth.
- ✔ **rosematta** Parboiled rice from South India. The bran gives an attractive rose color.
- ✔ **rough rice** Rice, as it comes from the field, also known as paddy rice. Rough rice kernels are encased in an inedible, protective hull.
- ✘ **RYE** [Secale cereale] The offending storage protein (prolamin) is secalin. Used as flour for baking bread. Grain may be fermented to produce alcoholic beverages or industrial alcohol.
- ✔ **saffron** [Crocus sativus] Derived from the dried stigmas of a purple-flowered crocus. Used to color and flavor foods.
- ✔ **sago** Starch extracted from tropical palms, and processed into flour, meal, or pearl sago (similar to tapioca.) Used as a thickener.
- ✘ **SEITAN** (WHEAT, wheat meat) Made from WHEAT gluten. Used in vegetarian and Asian dishes.
- ✘ **SEMOLINA** (WHEAT) Coarsely ground durum WHEAT. Mainly used for pasta.
- ✔ **sesame** White, brown or black seeds. Used whole, ground as flour, or pressed into oil.
- ✔ **short-grain rice** Brown or white rice kernels that are much thicker than long-grain varieties. Grains are soft and stick together when cooked.
- ✔ **sorghum, milo** [Sorghum bicolor L. Moench] Drought-tolerant cereal grain used primarily as a flour or sweet syrup. Third most prevalent food crop worldwide. Certified food grade white sorghum has been specially developed for the food industry.

✔ **soy, soybean** [Glycine max L. Merr] (soya, kinako, edamame) High- protein, high-fat legume, which is processed into a variety of food products. Oil is used in cooking and salad dressings. Flour has strong, distinctive, nut flavor. Most recipes are designed to use low-fat soy flours; soy milks and tofu use high-fat soy flours.

✘ **SPELT** [Triticum spelta] (WHEAT, dinkle, farro, dinkel) Ancient cereal grain with a mellow nutty flavor.

For more information

[Click Here](#)

✔ **starch** Reserve poly-saccharide in plants. Starches from many sources are used commercially as thickeners and gelling agents. In the U.S., when the single word "starch" appears on a food label, the source must be corn. CFR Title 21, Section 578.100 October 1, 1980. (This does not apply to starch in pharmaceuticals).

✔ **sunflower seed** Can be dried or roasted and eaten as a snack; used in salads or sandwiches; or added to a variety of cooked dishes and baked goods. Oil is used in cooking and salad dressings. The seed may be finely ground and added to flour combinations for a dark color and nutty taste.

✔ **sweet potato** [Ipomoea batatas] Tropical American vine of the morning glory family, cultivated for its fleshy , tuberous orange-colored root. Used cooked as a vegetable, or dried and ground into a flour.

✔ **sweet rice flour** Glutinous waxy rice, containing more starch than the brown and white rice flours. Excellent thickener; binds and reduces separation in sauces that are to be frozen and then reheated. (Cannot substitute for brown or white rice flours.)

✔ **tapioca** Starchy substance extracted from the root of the cassava plant, used mainly in puddings. Tapioca flour is used as a thickener, especially in fruit dishes because it produces a clear gel. Adds "tooth" to gluten-free breads. (See cassava and manioc.)

✔ **taro flour** Commercially processed from a starchy tropical root. Used as a thickener, similar to tapioca.

✔ **tef** [Eragrostis tef] (tef grass or teff) Very small black ancient grain of the millet family. Principal grain in Ethiopian bread (Injera), which is described as a soft, porous, thin pancake.

✔ **texmati** A variety of aromatic rice.

✘ **TRITICALE** [Triticosecale sp.] (WHEAT, RYE) Hybrid cross of WHEAT and RYE.

🟡 **udon** Japanese noodles made from WHEAT or corn.

- ✔ **urd** Variety of green gram or bean cultivated in India.
- ✔ **Valencia rice** A short-grain rice.
- ✔ **water chestnut** Edible tuber of a water plant. Used fresh, canned or dried. Dried water chestnuts may be ground to a flour or powder and used as a thickener, or for coating foods prior to frying.

- ✔ **waxy rice flour** See glutinous rice and sweet rice flour.

- ✔ **wehani rice** California-grown hybrid rice with Indian basmati in its ancestry; reddish color; very nutty aroma and flavor.

- ✘ **WHEAT** [*Triticum aestivum*, *Triticum vulgare*, *Triticum dicoccum*, *Triticum monococcum*] World's largest cereal grass crop. Offending prolamins are glutenin and gliadin. All WHEAT and WHEAT products contain varying amounts of these prolamins. Used whole, cracked, ground into flour, or processed into oil. There are many varieties of WHEAT, the triticums.

- ✘ **WHEAT berry** The kernel of WHEAT.

- ✘ **WHEAT germ** The embryo of WHEAT.

- ✘ **WHEAT germ oil** Derived from WHEAT. Gluten level will vary by product.

- ✘ **WHEAT grass** Leaves of WHEAT. There is no research available on the gluten content.

- ✘ **WHEAT gluten** The natural protein derived from WHEAT. Also, powdered form of seitan.

- ✘ **WHEAT nut** Any *Triticum* WHEAT, soaked or boiled and then dried to be sold as "WHEAT nuts".

- ✘ **WHEAT starch** By-product of WHEAT processing. Cannot be guaranteed to be 100% gluten-free. Sometimes added to food items during processing. No form of WHEAT starch is considered appropriate for a zero tolerance level gluten-free diet in the United States and Canada. Codex WHEAT starch is considered gluten-free by some foreign governments. Gluten level must be 200ppm or less to be labeled as Codex WHEAT Starch [Europe].

- ✔ **wild rice** [*Zizania aquatica*] Seed of plume-topped wild aquatic grass found mainly in the United States and Canada. Can be used whole or milled into a dark flour.

- ✔ **wild pecan rice** Aromatic long-grain rice grown in Louisiana. Named for the strong aroma and milder, but distinct nutty taste.

RESOURCES

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