

# Gluten Containing Foods List

*The more you know, the more you realize you don't know. -Aristotle*

Avoiding all varieties and forms of gluten containing grains: wheat, barley and rye means learning more. With thousands of varieties of wheat this is a very brief explanation of terms and processes used in food manufacturing. It's just a start and soon enough you'll be learning about all the healthy, gluten free grains you can cook with and enjoy.

## Common Classes of Wheat

- Hard Red Winter
- Hard Red Spring
- Soft Red Winter
- Soft White
- Hard White
- Durum

## Wheat Terms

- *Wheat berries* (kernels) are the entire edible part of the plant.
- *Whole Wheat* foods contain the entire kernel including the germ, bran & endosperm.
- *Regular Wheat* excludes the germ & bran.

## Ancient Wheat & Derivatives

- Einkorn
- Emmer (hybrid of einkorn)
- Spelt (hybrid of emmer)
- Farro (hybrid of 3 wheat species)
- Khorasan (an ancient grain know as Kamut)
- Triticale (hybrid of wheat and rye)
- Hydrolyzed wheat protein
- Wheat starch\*
- Seitan (a meat substitute)

## Processing Wheat

- *Whole wheat* berries are processed then used in many ways.
- *Cracked Wheat* is cracked wheat kernels.
- *Bran* is the outer part of the wheat kernel.
- *Bulgur* has been cracked, steamed, dried and ground.
- *Semolina* is flour made from durum wheat.
- *Farina* is the cereal made from semolina.
- *Graham* is a type of winter wheat used in graham crackers.
- *Couscous* is pasta made from durum wheat used in dishes like Tabbouleh.
- *Matzo meal* can be made from wheat, spelt, barley, rye or oats.

*\*Wheat starch labeled gluten free is safe for people with celiac disease.*

## Barley & Barley Malt

Malt is both a noun and a verb. Malts\*\* are made from gluten containing grains and commonly used to flavour cereals and beverages.

- Malt vinegar
- Malt flavouring
- Barley malt
- Malt syrup
- Malt extract
- Malted milk
- Brewers yeast (used to make beer)

*\*\* Malt can be made from gluten free grains.*

## Rye

Rye meal or flour is commonly used to make heavy, dark breads like rye and pumpernickel.

*Wheat flour is sometimes added to items that are traditionally gluten free so ALWAYS check the label. Some examples are:*

- Rice noodles
- Asian rice paper wrappers
- Buckwheat or ramen noodles
- Corn tortillas
- Injera bread (commonly made with teff flour)