

LIVING GLUTEN FREE

AN INGREDIENT
LIST TO MAKE LIFE
SIMPLER.

THE FOLLOWING
CONTAINS GLUTEN

- Barley Flour
- Barley Grass
- Barley Flakes
- Barley Meal
- Beer
- Bran Soba
- Bread
- Brewers Yeast
- Bulgar
- Crackers
- Cereal
- Chips
- Creamed Soups
- Corn Products
- Couscous
- Durum
- Einkorn
- Farina
- Flour
- Gnocchi
- Graham Grain Alcohols
- Gravy
- Granola
- Grits
- Gum Bases
- Hoisin
- Kamut
- Malt extract
- Malt Syrup
- Malt Flavoring
- Malted Milk
- Malt Vinegar
- Maltose
- Mirin
- Oat Products
- Pita
- Peanut Sauce
- Rye flour
- Sauces
- Semolina
- Spelt
- Spices
- Sprouted
- Starches
- Soy Sauce
- Tamari Sauce
- Teriyaki Sauce
- Triticale
- Wheat Germ
- Whiskey
- Yeast Extracts

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REPLACEMENTS FOR
GLUTEN

- Amaranth
- Apple Cider Vinegar
- Arrowroot
- Buckwheat
- Brown Rice
- Ciders
- Coconut Aminos
- Golden Syrup
- Guar Gum
- Millet
- Quinoa
- Sorghum
- Soya
- Tapioca
- Teff
- Tequila
- Wild Rice
- Wine Vinegar
- Xanthum Gum