

## How to use this Dictionary

FOOD AND FOOD INGREDIENTS IN THIS DICTIONARY ARE DESIGNATED AS FOLLOWS:

|             |   |
|-------------|---|
| ALLOWED     | This product is gluten-free   |
| NOT ALLOWED | This product contains gluten  |
| ? CHECK     | This product may contain gluten. Check the ingredient list and/or contact the manufacturer. |

NOTE: A ' ? CHECK ' in the text indicates that a food or ingredient may or may not contain gluten, e.g., baking powder contains starch, which may or may not be wheat starch.

**WHERE THE ' ? CHECK ' APPEARS, READ THE DESCRIPTION VERY CAREFULLY. CHECK THE INGREDIENT LIST AND/OR CONTACT THE MANUFACTURER.**

Some food ingredients can be derived from a variety of grain sources such as corn, potato, rice or wheat. Examples of such ingredients are flavorings and maltodextrin.

When wheat is used as a source for a food ingredient, the assessment of the acceptability of such an ingredient in the gluten-free diet is based on clinical data as well as the following criteria:

- a. the effect of processing on the protein content of the food ingredient in question;
- b. the concentration of the food ingredient in the food product;
- c. how much of the food containing the ingredient in question is consumed daily.

For further information, contact a dietitian specializing in celiac disease or the Canadian Celiac Association.

# Foods and Food Ingredients

## A

|  |                    |
|--|--------------------|
| <b>ACACIA GUM (GUM ACACIA, GUM ARABIC)</b>   | <b>ALLOWED</b>     |
| A gum from trees of the Acacia species, used as a texture modifying agent.   |                    |
| <b>ACTIVE BACTERIAL CULTURES</b>   | <b>ALLOWED</b>     |
| Lactic acid producing bacteria used in fermented dairy products (e.g., yogurt). They are grown on different types of agar, and include <i>Lactobacillus acidophilus</i> , <i>Lactobacillus bifidus</i> and <i>Streptococcus thermophilus</i> . |                    |
| <b>ADDITIVES</b>   | <b>ALLOWED</b>     |
| See APPENDIX.  |                    |
| <b>ADLAY (JOB'S TEARS)</b>   | <b>ALLOWED</b>     |
| See JOB'S TEARS.   |                    |
| <b>AGAR (AGAR AGAR)</b>  | <b>ALLOWED</b>     |
| A gelatinous extract from certain algae, used as a texture modifying agent.  |                    |
| <b>ALANT STARCH (DHALIN)</b>   | <b>ALLOWED</b>     |
| See INULIN.  |                    |
| <b>ALCOHOLIC BEVERAGES</b>   |                    |
| See DISTILLED ALCOHOLIC BEVERAGES, BEER, WINE.   |                    |
| <b>ALE (BEER, LAGER, PORTER, STOUT)</b>  | <b>NOT ALLOWED</b> |
| See BEER.  |                    |

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| ALFALFA SPROUTS   | ALLOWED     |
| Sprouted seeds ( <i>Medicago sativa</i> ) of a member of the legume family.   |             |
| ALGIN (ALGINIC ACID)  | ALLOWED     |
| A gum obtained from a brown marine algae ( <i>Macrocystis pyrifera</i> ), used as a texture modifying agent.  |             |
| ALPHA-TOCOPHEROL ACETATE  | ALLOWED     |
| A fat-soluble vitamin, also known as Vitamin E, which is found in vegetable oils, egg yolk, nuts, etc.. It is a powerful antioxidant.   |             |
| AMARANTH  | ALLOWED     |
| A starchy seed of the Amaranthaceae family. Sold as seed, flour or cereal. May also refer to a red food color, which is allowed.  |             |
| ANNATTO   | ALLOWED     |
| A yellowish to reddish-orange color obtained from the seed coating of the tree ( <i>Bixa orellana</i> ). It is often used to color sausage casings, margarine, shortening, and cheese.  |             |
| ARROWROOT   | ALLOWED     |
| A starchy flour from the roots of a plant species ( <i>Maranta arundinacea</i> ) native to the West Indies.   |             |
| ARROWROOT BISCUIT   | NOT ALLOWED |
| Biscuits made with wheat flour and arrowroot flour.   |             |
| ARTIFICIAL FLAVOR   | ALLOWED     |
| See FLAVOR.   |             |
| ASAFOETIDA  | ? CHECK     |
| A perennial plant ( <i>Ferula assafoetida</i> ) used as a spice in Indian cuisine. The most commonly available form is a seasoning blend of a fine powder containing 30% asafoetida, along with rice or wheat flour and gum arabic. |             |

|  |             |
|--|-------------|
| ASCORBIC ACID  | ALLOWED     |
| A water-soluble vitamin, also known as Vitamin C, naturally found in citrus fruits and other fruits and vegetables. It works as an antioxidant in the body and is used as a preservative in foods. |             |
| ASPARTAME  | ALLOWED     |
| A synthetic compound about 200 times as sweet as sugar, used as artificial sweetener.  |             |
| ATTA   | NOT ALLOWED |
| A fine whole meal flour made from low gluten soft textured wheat ( <i>Triticum vulgari</i> ) used to make Indian flatbread (also known as chapatti flour).   |             |
| AUTOLYZED YEAST (AUTOLYZED YEAST EXTRACT)  | ALLOWED     |
| See YEAST (AUTOLYZED).   |             |

## B

|   |         |
|---|---------|
| BACON   | ? CHECK |
| A cut of meat taken from the sides, belly, or back of a pig, then cured, smoked, or both. While most brands of bacon are gluten-free, a few were found to contain soy sauce derived from wheat and are not gluten-free.                       |         |
| BACON BITS (REAL)   | ? CHECK |
| Small bits of cooked real bacon used as topping for salads and side dishes. While most brands of real bacon bits are gluten-free, a few were found to contain soy sauce in the ingredient listing. Some soy sauces can contain soy and wheat. |         |
| BACON BITS (IMITATION)  | ? CHECK |
| Small bits of textured vegetable protein artificially flavored to resemble bacon. Used as topping for salads and side dishes. May contain wheat flour or hydrolyzed wheat protein which are not gluten-free.                                  |         |