

# Gluten Free Grains, Flours and Baking Ingredients

There are lots of foods that are naturally gluten free. The ingredients with a star (\*) next to them are the most common ingredients that are so highly processed they are in fact gluten free. It is extra important to check for allergy statements on these labels as you might be able to eat them after all!

These are some gluten free ingredients that you may come across when reading food labels. For a more detailed list please refer to [Coeliac New Zealand's 'Ingredient List' booklet](#) – this is something that you are given when you sign up to be a CNZ member!



\*So highly processed that it is gluten free

\*\*Glucose syrups with no more than 20ppm of detectable gluten are exempted from the mandatory labelling of wheat.

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| <p>Agar agar</p> <p>Amaranth</p> <p>Arrowroot</p> <p>Buckwheat</p> <p>Carrageenan</p> <p>Caramel colour (wheat)*</p> <p>Chickpea</p> <p>Corn/maize</p> <p>Dextrose (wheat)*</p> <p>Glucose solids (wheat)*</p> <p>Glucose syrup (wheat)**</p> <p>Glutinous rice</p> <p>Hemp</p> <p>Hops</p> <p>Isomalt</p> <p>Legumes</p> <p>Lentils/dal/dahl</p> <p>Linseed/flaxseed</p> <p>Lupin</p> <p>Maltodextrin (wheat)*</p> <p>Millet</p> | <p>Mustard flour</p> <p>Polenta</p> <p>Polydextrose</p> <p>Potato flour</p> <p>Plain nuts and seeds</p> <p>Quinoa</p> <p>Rice flour</p> <p>Sago</p> <p>Saccharin</p> <p>Sorbitol</p> <p>Sorbitol (wheat)*</p> <p>Sorghum</p> <p>Tapioca</p> <p>Teff</p> <p>Xylitol</p> |
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