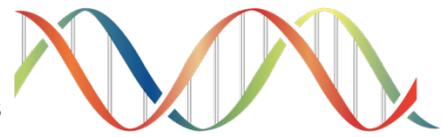




Community BioRefineries
The Epitome of American Innovation



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Celiac Disease Foundation

Common Foods That Contain Gluten

- **Pastas:**
 - raviolis, dumplings, couscous, and gnocchi
- **Noodles:**
 - ramen, udon, soba (those made with only a percentage of buckwheat flour) chow mein, and egg noodles. (Note: rice noodles and mung bean noodles are gluten free)
- **Breads and Pastries:**
 - croissants, pita, naan, bagels, flatbreads, cornbread, potato bread, muffins, donuts, rolls
- **Crackers:**
 - pretzels, goldfish, graham crackers
- **Baked Goods:**
 - cakes, cookies, pie crusts, brownies
- **Cereal & Granola:**
 - **corn flakes** and **rice puffs** often contain malt extract/flavoring, granola often made with regular oats, not gluten-free oats
- **Breakfast Foods:**
 - pancakes, waffles, French toast, crepes, and biscuits.
- **Breading & Coating Mixes:**
 - panko breadcrumbs
- **Croutons:**
 - stuffings, dressings
- **Sauces & Gravies** (many use wheat flour as a thickener)
 - traditional soy sauce, cream sauces made with a roux
- **Flour tortillas**
- **Beer** (unless explicitly gluten-free) and any **malt beverages** (see "Distilled Beverages and Vinegars" below for more information on alcoholic beverages)
- **Brewer's Yeast**
- Anything else that uses "wheat flour" as an ingredient

Foods That May Contain Gluten

These foods must be verified by reading the label or checking with the manufacturer/kitchen staff.

- **Energy bars/granola bars** – some bars may contain wheat as an ingredient, and most use oats that are not gluten-free
- **French fries** – be careful of batter containing wheat flour or cross-contact from fryers
- **Potato chips** – some potato chip seasonings may contain malt vinegar or wheat starch
- **Processed lunch meats**
- **Candy and candy bars**
- **Soup** – pay special attention to cream-based soups, which have flour as a thickener. Many soups also contain barley
- **Multi-grain or “artisan” tortilla chips or tortillas** that are not entirely corn-based may contain a wheat-based ingredient
- **Salad dressings and marinades** – may contain malt vinegar, soy sauce, flour
- **Starch or dextrin** if found on a meat or poultry product could be from any grain, including wheat
- **Brown rice syrup** – may be made with barley enzymes
- **Meat substitutes** made with seitan (wheat gluten) such as vegetarian burgers, vegetarian sausage, imitation bacon, imitation seafood (Note: tofu is gluten-free, but be cautious of soy sauce marinades and cross-contact when eating out, especially when the tofu is fried)
- **Soy sauce** (though tamari made without wheat is gluten-free)
- **Self-basting poultry**
- **Pre-seasoned meats**
- **Cheesecake filling** – some recipes include wheat flour
- **Eggs served at restaurants** – some restaurants put pancake batter in their scrambled eggs and omelets, but on their own, **eggs are naturally gluten-free**

Distilled Beverages and Vinegars

Most **distilled** alcoholic beverages and vinegars are gluten-free. These distilled products do not contain any harmful gluten peptides even if they are made from gluten-containing grains. Research indicates that the gluten peptide is too large to carry over in the distillation process, leaving the resulting liquid gluten-free. However, some types of alcoholic beverages do contain an unsafe amount of gluten for people with celiac disease, and include those with added color or flavoring such as dessert wines, and those made from barley malt, such as bottled wine coolers. For these, consumers should check the label, and if in doubt, contact the company. Beers, ales, lagers, malt beverages and malt vinegars that are made from gluten-containing grains are not distilled and therefore are **not gluten-free**. There are several brands of gluten-free beers available in the United States and abroad.



Wheat



Barley



Rye



Oats*

What Is Gluten and What Does It Do?

Sometimes it's in oats, but only because the oats may have been processed with other foods that contain gluten. *Oats themselves don't contain gluten.

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Featured Expert: [Selvi Rajagopal, M.D., M.P.H.](#)

Gluten seems to be in just about everything, from bread, pasta and beer to cosmetics and nutritional supplements. There's lots of buzz around avoiding gluten, but what is this common ingredient and is it really bad for you? Johns Hopkins specialist in internal medicine and obesity [Selvi Rajagopal, M.D.](#), explains facts and misconceptions about gluten.

What is gluten?

"Gluten is a type of protein found in the wheat plant and some other grains," explains Rajagopal.

Gluten is naturally occurring, but it can be extracted, concentrated, and added to food and other products to add protein, texture, and flavor. It also works as a binding agent to hold processed foods together and give them shape.

Where does gluten come from?

In addition to wheat, gluten also comes from rye, barley and triticale (a cross between rye and barley). Sometimes it's in oats, but only because the oats may have been processed with other foods that contain gluten. *Oats themselves don't contain gluten.*