

Pocket Guide to Safe & Unsafe Ingredients for a Gluten-Free Diet

Unsafe Ingredients for a Gluten-Free Diet

Abyssinian Hard (Wheat triticum durum)
 Alcohol (Spirits - Specific Types)
 Amp-Isostearoyl Hydrolyzed Wheat Protein
 Atta Flour
 Barley Grass (can contain seeds)
 Barley Hordeum vulgare
 Barley Malt
 Beer (most contain barley or wheat)
 Bleached Flour
 Bran
 Bread Flour
 Brewer's Yeast
 Brown Flour
 Bulgur (Bulgur Wheat/Nuts)
 Bulgur Wheat
 Cereal Binding
 Chilton
 Club Wheat (Triticum aestivum subspecies compactum)
 Common Wheat (Triticum aestivum)
 Cookie Crumbs
 Cookie Dough
 Cookie Dough Pieces
 Couscous
 Crisped Rice
 Dinkle (Spelt)
 Disodium Wheatgermamido Peg-2 Sulfosuccinate
 Durum wheat (Triticum durum)
 Edible Coatings
 Edible Films
 Edible Starch
 Einkorn (Triticum monococcum)
 Emmer (Triticum dicoccon)
 Enriched Bleached Flour
 Enriched Bleached Wheat Flour
 Enriched Flour
 Farina
 Farina Graham
 Farro
 Filler
 Flour (normally this is wheat)
 Fu (dried wheat gluten)
 Germ
 Graham Flour
 Granary Flour
 Groats (barley, wheat)
 Hard Wheat
 Heeng
 Hing
 Hordeum Vulgare Extract
 Hydrolyzed Wheat Gluten
 Hydrolyzed Wheat Protein
 Hydrolyzed Wheat Protein Pg-Propyl Silanetriol
 Hydrolyzed Wheat Starch
 Hydroxypropyltrimonium-

Hydrolyzed Wheat Protein
 Kamut (Pasta wheat)
 Kecap Manis (Soy Sauce)
 Ketjap Manis (Soy Sauce)
 Kluski Pasta
 Maida (Indian wheat flour)
 Malt
 Malted Barley Flour
 Malted Milk
 Malt Extract
 Malt Syrup
 Malt Flavoring
 Malt Vinegar
 Macha Wheat (Triticum aestivum)
 Matza
 Matzah
 Matzo
 Matzo Semolina
 Meringue
 Meripro 711
 Mir
 Nishasta
 Oriental Wheat (Triticum turanicum)
 Orzo Pasta
 Pasta
 Pearl Barley
 Persian Wheat (Triticum carthlicum)
 Perungayam
 Poulard Wheat (Triticum turgidum)
 Polish Wheat (Triticum polonicum)
 Rice Malt (if barley or Koji are used)
 Roux
 Rusk
 Rye
 Seitan
 Semolina
 Semolina Triticum
 Shot Wheat (Triticum aestivum)
 Small Spelt
 Spirits (Specific Types)
 Spelt (Triticum spelta)
 Sprouted Wheat or Barley
 Stearyltrimoniumhydroxypropyl Hydrolyzed Wheat Protein
 Strong Flour
 Suet in Packets
 Tabbouleh
 Tabouli
 Teriyaki Sauce
 Timopheevi Wheat (Triticum timopheevii)
 Triticale X triticosecale
 Triticum Vulgare (Wheat) Flour Lipids
 Triticum Vulgare (Wheat) Germ Extract
 Triticum Vulgare (Wheat) Germ Oil
 Udon (wheat noodles)
 Unbleached Flour
 Vavilovi Wheat (Triticum aestivum)

Unsafe Ingredients for a Gluten-Free Diet

Vital Wheat Gluten
 Wheat, Abyssinian Hard triticum durum
 Wheat amino acids
 Wheat Bran Extract
 Wheat, Bulgur
 Wheat Durum Triticum
 Wheat Germ Extract
 Wheat Germ Glycerides
 Wheat Germ Oil
 Wheat Germamidopropylidmonium
 Hydroxypropyl Hydrolyzed Wheat Protein
 Wheat Grass (can contain seeds)
 Wheat Nuts
 Wheat Protein
 Wheat Triticum aestivum
 Wheat Triticum Monococcum
 Wheat (Triticum Vulgare) Bran Extract
 Whole-Meal Flour
 Wild Einkorn (Triticum boeoticum)
 Wild Emmer (Triticum dicoccoides)

The following items may or may not contain gluten depending on where and how they are made, and it is sometimes necessary to check with the manufacturer to find out:

Artificial Color⁴
 Baking Powder⁴
 Caramel Color^{1,3}
 Caramel Flavoring^{1,3}
 Clarifying Agents⁴
 Coloring⁴
 Dextrins^{1,7}
 Dextrimaltose^{1,7}
 Diglycerides⁴
 Dry Roasted Nuts⁴
 Emulsifiers⁴
 enzymes⁴
 Fat Replacer⁴
 Flavoring⁶
 Food Starch^{1,4}
 Food Starch Modified^{1,4}
 Glucose Syrup⁴
 Glycerides⁴
 Gravy Cubes⁴
 Ground Spices⁴
 HPP⁴
 HVP⁴
 Hydrolyzed Plant Protein⁴
 Hydrolyzed Protein⁴
 Hydrolyzed Vegetable Protein⁴
 Hydrogenated Starch Hydrolysate⁴
 Hydroxypropylated Starch⁴
 Maltose⁴
 Miso⁴
 Mixed Tocopherols⁴
 Modified Food Starch^{1,4}
 Modified Starch^{1,4}
 Mono and Diglycerides^{1,4}
 Monoglycerides^{1,4}
 Natural Flavoring⁶
 Natural Flavors⁶
 Natural Juices⁴
 Non-dairy Creamer⁴
 Pregelatinized Starch⁴
 Protein Hydrolysates⁴
 Seafood Analogs⁴
 Seasonings⁴
 Sirimi⁴

Smoke Flavoring⁴
 Soba Noodles⁴
 Soy Sauce⁴
 Soy Sauce Solids⁴
 Sphingolipids⁴
 Stabilizers⁴
 Starch^{1,4}
 Stock Cubes⁴
 Suet⁴
 Tocopherols⁴
 Vegetable Broth⁴
 Vegetable Gum⁴
 Vegetable Protein⁴
 Vegetable Starch⁴
 Vitamins⁴
 Wheat Starch⁵

● **1)** If this ingredient is made in North America it is likely to be gluten-free.

● **3)** The problem with caramel color is it may or may not contain gluten depending on how it is manufactured. In the USA caramel color must conform with the FDA standard of identity from 21CFR CH.1. This statute says: the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: Dextrose (corn sugar), invert sugar, lactose (milk sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet). Also, acids, alkalis and salts are listed as additives which may be employed to assist the caramelization process.

● **4)** Can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient.

● **5)** Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, CodeX Alimentarius Quality wheat starch is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in the USA or Canada.

● **6)** According to 21 C.F.R. S 101,22(a)(3): The terms "natural flavor" or "natural flavoring" means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof. Whose significant function in food is flavoring rather than nutritional.

● **7)** Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch. Therefore, unless you know the source, you must avoid dextrin.

3 Steps to a Gluten-Free Diet

FOUNDATION: Beginning self-management	EXPANSION: Intermediate self-management	MAINTENANCE: Advanced level self-management
<ul style="list-style-type: none"> Eliminate all gluten exposure, including oats Begin developing food plan (keep lists) <ul style="list-style-type: none"> foods/beverages: <ul style="list-style-type: none"> identify tolerated foods/beverages identify intolerances/allergies supplements/medications <ul style="list-style-type: none"> identify vitamin/mineral supplementation needs identify gluten-free medication sources Develop gluten identification skills <ul style="list-style-type: none"> label reading hidden sources cross-contamination Establish medical team partnership <ul style="list-style-type: none"> dietitian, physician, pharmacist, dentist, physical therapist, psychologist, other (individual) Join support group <ul style="list-style-type: none"> start one at the Co-op! Call 707-443-6027 ext. 102 to learn about the Co-op's Community Meeting Room! 	<ul style="list-style-type: none"> Establish individual evaluation method for <ul style="list-style-type: none"> new, questionable or controversial information unresolved allergy or intolerance manifestations food industry manufacturing changes Establish individual treatment plan <ul style="list-style-type: none"> keep a daily diary <ul style="list-style-type: none"> record all intake, amounts & reactions identify and eliminate immune-response triggers wait 2-4 weeks before re-introducing new or questionable items. Monitor with your physician the introduction of such items as pure oats. It is impossible to predict who will or will not have a positive response to oats. Expand knowledge of celiacs Disease & sensitivity information Expand medical and cooperative food partnerships 	<ul style="list-style-type: none"> Maintain self-management through <ul style="list-style-type: none"> periodic updates/re-evaluations with medical team examining new Celiac Disease & sensitivity information maintaining optimal immune-function Revisit Steps 1 or 2 as required Serve as role model to newly diagnosed persons Maintain medical and cooperative food partnerships

Questions?

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What Is the Gluten-Sensitivity Spectrum?

The gluten-sensitivity spectrum sheds light on the differences between a wheat allergy, gluten intolerance and celiac disease.

The medical conditions within the gluten-sensitivity spectrum have one thing in common: gluten causes distress. It can cause gastrointestinal problems, or it can be symptoms like fatigue, joint pain, headaches, infertility and many more.

There are three distinct areas of the gluten-sensitivity spectrum: allergy, sensitivity or intolerance and celiac disease.

Allergies are an inflammatory response (sneezing, itching, redness, etc.). Allergy tests can reveal whether or not you have a particular food allergy.

An **intolerance or sensitivity** describes someone who experiences unpleasant symptoms (digestive distress, fatigue, malabsorption) when they eat a particular food.

Celiac disease is a genetic autoimmune disorder that interferes with the absorption of nutrients from food because of damage to the villi in the small intestines. In people with celiac disease, eating gluten, a type of protein found in the grains wheat, rye & barley, sets off an autoimmune response that leads to damage of the lining of the small intestine. The onset of symptoms can occur at any age, and the disease is usually insidious, gradually getting worse.

The classic gastrointestinal symptoms,

include diarrhea, gas, bloating and weight loss, however, they may not be present at all. In all cases, the villi in the small intestine are damaged. The villi aren't able to absorb needed nutrients into the bloodstream.

These nutrients are responsible for developing muscle, bone, red and white blood cells, and many other cells and tissues that are important in maintaining good health. Many people may experience chronic ill health and complications of the disease without ever being diagnosed as having celiac disease.

There is no cure for celiac disease but it can be managed by not eating foods that contain gluten. Going gluten-free is the only treatment.

So what is gluten? The term 'gluten' is actually a generic term for the storage proteins that are found in grains. In reality, each type of grain has a slightly different protein. The 'gluten' in wheat (gliadin), barley (hordein), and rye (secalin) contain particular amino acid sequences that are harmful to persons with celiac disease. Although the 'gluten' in oats (avenin) appears to be safe for celiacs, oats is often excluded from the celiac's diet due to potential contamination with the harmful grains.

A strict definition of a gluten-free diet, however, remains controversial due to the lack of an accurate method to detect gluten in food products and the lack of scientific evidence for what constitutes a safe amount of gluten ingestion.

Safe Gluten-Free Ingredients List

Acacia Gum	BHT	Coconut
Acesulfame K	Bicarbonate of Soda	Coconut Vinegar
Acesulfame Potassium	Biotin	Collagen
Acetanisole	Blue Cheese	Colloidal Silicon Dioxide
Acetophenone	Brown Sugar	Confectioner's Glaze
Acorn Quercus	Buckwheat	Copernicia Cerifera
Adipic Acid	Butter (check additives)	Copper Sulphate
Adzuki Bean (Azuki, Aduki)	Butylated Hydroxyanisole	Corn
Acacia Gum	Butyl Compounds	Corn Gluten
Agar	Calcium Acetate	Corn Masa Flour
Agave	Calcium Carbonate	Corn Meal
Albumen	Calcium Caseinate	Corn Flour
Alcohol (Spirits - Specific Types)	Calcium Chloride	Corn Starch
Alfalfa	Calcium Disodium	Corn Sugar
Algae	Calcium Hydroxide	Corn Sugar Vinegar
Algin	Calcium Lactate	Corn Syrup
Alginic Acid	Calcium Pantothenate	Corn Syrup Solids
Alginate	Calcium Phosphate	Corn Sweetener
Alkalized Cocoa	Calcium Propionate	Corn Vinegar
Allicin	Calcium Silicate	Corn Zein
Almond Nut	Calcium Sorbate	Cortisone
Alpha-amylase	Calcium Stearoyl Lactylate	Cotton Seed
Alpha-lactalbumin	Calcium Stearate	Cotton Seed Oil
Aluminum	Calcium Sulfate	Cowitch
Amaranth	Calrose	Cowpea
Ambergris	Camphor	Cream of Tartar
Ammonium Hydroxide	Cane Sugar	Crospovidone
Ammonium Phosphate	Cane Vinegar	Curds
Ammonium Sulphate	Canola (Rapeseed)	Cyanocobalamin
Amylose	Canola Oil (Rapeseed Oil)	Cysteine, L
Amylopectin	Caprylic Acid	Dal (Lentils)
Anatto	Carageenan Chondrus	D-Alpha-tocopherol
Anatto Color	Crispus	Dasheen Flour (Taro)
Apple Cider Vinegar	Carbonated Water	Dates
Arabic Gum	Carboxymethyl Cellulose	D-Calcium Pantothenate
Arrowroot	Carmine	Delactosed Whey
Artichokes	Carnauba Wax	Demineralized Whey
Artificial Butter Flavor	Carob Bean	Desamidocollagen
Artificial Flavoring	Carob Bean Gum	Dextran
Ascorbic Acid	Carob Flour	Dextrose
Aspartame (can cause IBS symptoms)	Carrageenan	Diocetyl Sodium
Aspartic Acid	Casein	Dioctyl Sodium
Aspic	Cassava Manihot Esculenta	Solfosuccinate
Astragalus Gummifer	Castor Oil	Potassium Phosphate
Autolyzed Yeast Extract	Catalase	Disodium Guanylate
Avena Sativã (Oats ³)	Cellulose ¹	Disodium Inosinate
Avena Sativã Extract (from Oats ³)	Cellulose Ether	Disodium Phosphate
Avidin	Cellulose Gum	Distilled Alcohols
Azodicarbonamide	Cetyl Alcohol	Distilled Vinegar
Baking Soda	Cetyl Stearyl Alcohol	Distilled White Vinegar
Balsamic Vinegar	Champagne Vinegar	Dutch Processed Cocoa
Beeswax	Channa (Chickpea)	EDTA
Beans	Chana Flour (Chickpea Flour)	(Ethylenediaminetetraacetic Acid)
Bean, Adzuki	Cheeses - (most, but check ingredients)	Eggs
Bean, Hyacinth	Chestnuts	Egg Yolks
Bean, Lentil	Chickpea	Elastin
Bean, Mung	Chlorella	Ester Gum
Bean Romano (Chickpea)	Chocolate Liquor	Ethyl Alcohol
Bean Tepary	Choline Chloride	Ethylenediaminetetraacetic Acid
Benzoic acid	Chromium Citrate	Ethyl Maltol
Besan (Chickpea)	Chymosin	Ethyl Vanillin
Beta Glucan (from Oats ³)	Citric Acid	Expeller Pressed Canola Oil
Betaine	Citrus Red No. 2	FD&C Blue No. 1 Dye
Beta Carotene	Cochineal	FD&C Blue No. 1 Lake
BHA	Cocoa	FD&C Blue No. 2 Dye
	Cocoa Butter	FD&C Blue No. 2 Lake

Safe Gluten-Free Ingredients List

FD&C Green No. 3 Dye	Illepe	Monopotassium Phosphate
FD&C Green No. 3 Lake	Iodine	monosaccharides
FD&C Red No. 3 Dye	Inulin	Monosodium Glutamate
FD&C Red No. 40 Dye	Invert Sugar	(MSG)
FD&C Red No. 40 Lake	Iron Ammonium Citrate	Monostearates
FD&C Yellow No. 5 Dye	Isinglass	MSG
FD&C Yellow No. 6 Dye	Isolated Soy Protein	Mung Bean
FD&C Yellow No. 6 Lake	Isomalt	Musk
Ferric Orthophosphate	Job's Tears	Mustard Flour
Ferrous Gluconate	Jowar (Sorghum)	Myristic Acid
Ferrous Meal	Karaya Gum	Natural Smoke Flavor
Ferrous Lactate	Kasha (roasted buckwheat)	Niacin-Niacinamide
Ferrous Sulfate	Keratin	Neotame
Fish (fresh)	K-Carmine Color	Niacin
Flaked Rice	K-Gelatin	Niacinamide
Flax	Koshihikari (rice)	Nitrates
Folacin	Kudzu	Nitrous Oxide
Folate	Kudzu Root Starch	Non-fat Milk
Folic Acid-Folacin	Lactalbumin Phosphate	Nuts (except wheat, rye & barley)
Formaldehyde	Lactase	Nut, Acorn
Fructose	Lactic Acid	Nut, Almond
Fruit (including dried)	Lactitol	Oats ³
Fruit Vinegar	Lactose	Oils and Fats
Fumaric Acid	Lactulose	Oleic Acid
Galactose	Lanolin	Oleoresin
Garbanzo Beans	Lard	Olestra
Gelatin	L-cysteine	Oleyl Alcohol/Oil
Glucoamylase	Lecithin	Orange B
Gluconolactone	Lemon Grass	Oryzanol
Glucose	Lentils	Palmitic Acid
Glucose Syrup	Licorice	Pantothenic Acid
Glutamate (free)	Licorice Extract	Papain
Glutamic Acid	Lipase	Paprika
Glutamine (amino acid)	L-leucine	Paraffin
Glutinous Rice	L-lysine	Partially Hydrogenated Cottonseed Oil
Glutinous Rice Flour	L-methionine	Partially Hydrogenated Soybean Oil
Glycerin	Locust Bean Gum	Peas
Glycerol Monooleate	L-tryptophan	Pea - Chick
Glycol Monosterate	Magnesium Carbonate	Pea - Cow
Glycol	Magnesium Hydroxide	Pea Flour
Glycolic acid	Magnesium Oxide	Pea Starch
Gram flour (chick peas)	Maize	Peanuts
Grape Skin Extract	Maize Waxy	Peanut Flour
Grits, Corn	Malic Acid	Pectin
Guar Gum	Maltitol	Pectinase
Gum Acacia	Maltodextrin	Peppermint Oil
Gum Arabic	Maltol	Peppers
Gum Base	Manganese Sulfate	Pepsin
Gum Tragacanth	Manioc	Peru Balsam
Hemp	Masa	Petrolatum
Hemp Seeds	Masa Flour	PGPR (Polyglycerol Polyricinoleate)
Herbs	Masa Harina	Phenylalanine
Herb Vinegar	Meat (fresh)	Phosphoric Acid
Hexanedioic Acid	Medium Chain Triglycerides	Phosphoric Glycol
High Fructose Corn Syrup (HFCS)	Menhaden Oil	Pigeon Peas
Hominy	Methyl Cellulose ²	Polenta
Honey	Microcrystalline Cellulose	Polydextrose
Hops	Micro-particulated Egg White Protein	Sodium Acid Pyrophosphate
Horseradish (Pure)	Milk	Sodium Acetate
Hyacinth Bean	Milk Protein Isolate	Sodium Alginate
Hydrogen Peroxide	Millet	Sodium Ascorbate (PGPR)
Hydrolyzed Caseinate	Milo (Sorghum)	Sodium Benzoate
Hydrolyzed Meat Protein	Mineral Oil	Sodium Caseinate
Hydrolyzed Soy Protein	Mineral Salts	Sodium Citrate
Hydroxypropyl Cellulose	Molybdenum Amino Acid	
Hydroxypropyl Methylcellulose	Chelate	
Hypromellose	Monocalcium Phosphate	

Safe Gluten-Free Ingredients List

Potassium Benzoate	Sodium Erythroate	Tragacanth Gum
Potassium Caseinate	Sodium Hexametaphosphate	Triacetin
Potassium Citrate	Sodium Lactate	Tricalcium Phosphate
Potassium Iodide	Sodium Lauryl Sulfate	Tri-Calcium Phosphate
Potassium Lactate	Sodium Metabisulphite	Trypsin
Potassium Matabisulphite	Sodium Nitrate	Turmeric (Kurkuma)
Potassium Sorbate	Sodium Phosphate	TVP
Potatoes	Sodium Polyphosphate	Tyrosine
Potato Flour	Sodium Silico Aluminate	Urad/Urid Beans
Potato Starch	Sodium Stearoyl Lactylate	Urad/Urid Dal (peas)
Povidone	Sodium Sulphite	Vegetables
Prinus	Sodium Stannate	Urad/Urid flour
Pristane	Sodium Tripolyphosphate	Urd
Propolis	Sorbic Acid	Vinegar (All except Malt)
Propylene Glycol	Sorbitan Monostearate	Vanilla Extract
Propylene Glycol Monosterate	Sorbitol-Mannitol (can cause IBS symptoms)	Vanilla Flavoring
Propyl Gallate	Sorghum	Vanillin
Protease	Sorghum Flour	Vinegars (Specific Types)
Psyllium	Soy	Vitamin A (retinol)
Pyridoxine Hydrochloride	Soybean	Vitamin A Palmitate
Quinoa	Soy Lecithin	Vitamin B1
Ragi	Soy Protein	Vitamin B-12
Raisin Vinegar	Soy Protein Isolate	Vitamin B2
Rape	Spices (pure)	Vitamin B6
Recaldent	Spirits (Specific Types)	Vitamin D
Reduced Iron	Spirit Vinegar	Vitamin E Acetate
Rennet	Stearates	Waxy Maize
Rennet Casein	Stearamide	Whey
Resinous Glaze	Stearamine	Whey Protein Concentrate
Reticulin	Stearic Acid	Whey Protein Isolate
Riboflavin	Stearyl Lactate	White Vinegar
Rice	Stevia	Wines
Rice (Enriched)	Subflower Seed	Wine Vinegars (& Balsamic)
Rice Flour	Succotash (corn and beans)	Wild Rice
Rice Starch	Sucralose	Xanthan Gum
Rice Syrup	Sucrose	Xylitol
Rice Vinegar	Sulfosuccinate	Yam Flour
Ricinoleic Acid	Sulfites	Yeast
Romano Bean (chickpea)	Sulfur Dioxide	Yogurt (plain, unflavored)
Rosematta	Sweet Chestnut Flour	Zinc Oxide
Rosin	Tagatose	Zinc Sulfate
Royal Jelly	Tallow	
Saccharin	Tapioca	● 1) Cellulose is a carbohydrate polymer of D-glucose. It is the structural material of plants, such as wood in trees. It contains no gluten protein.
Saffron	Tapioca Flour	
Sago	Tapioca Starch	
Sago Palm	Tara Gum	
Sago Flour	Taro	
Sago Starch	Tarro	
Saifun (bean threads)	Tarrow Root	
Salt	Tartaric Acid	● 2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in rice-based breads, etc.
Seaweed	Tartrazine	
Seeds (except wheat, rye & barley)	TBHQ is Tetra or Tri-butylhydroquinone	
Seed - Sesame	Tea	
Seed - Sunflower	Tea-Tree Oil	
Shea	Teff	● 3) Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also have an additional, unrelated intolerance to them. Cross contamination with wheat is also a factor that you need to consider before choosing to include oats in your diet.
Sherry Vinegar	Teff Flour	
Silicon Dioxide	Tepary Bean	
Soba (be sure its 100% buckwheat)	Textured Vegetable Protein	
Sodium Acid Pyrophosphate	Thiamin Hydrochloride	
Sodium Acetate	Thiamine Mononitrate	
Sodium Alginate	Thiamine Hydrochloride	
Sodium Ascorbate	Titanium Dioxide	
Sodium Benzoate	Tofu (Soy Curd)	
Sodium Caseinate	Tolu Balsam	
Sodium Citrate	Torula Yeast	
	Tragacanth	