



NEPHCURE

Kidney International

Saving Kidneys • Saving Lives

Foods & Ingredients Containing Gluten

WHEAT

Varieties and derivatives of wheat such as:

- Wheatberries
- Wheat Germ
- Wheat Bran
- Wheat Starch
- Atta
- Durum
- Einkorn wheat
- Emmer
- Farina
- Farro
- Fu
- Graham
- Hydrolyzed Wheat Protein
- KAMUT® khorasan wheat
- Modified Wheat Starch
- Semolina
- Spelt

RYE

BARLEY

- Barley Flakes
- Barley Flour
- Pearl

TRITICALE

MALT

in various forms including:

- malted barley flour
- malted milk or milkshakes
- malt extract
- malt syrup
- malt flavoring
- malt vinegar

BREWER'S YEAST

OTHERS

- Matzo/Matzo Meal
- Some Oatmeal, Oat Bran, Whole Oats
- Seitan

SOURCES OF GLUTEN

Double-check the ingredients label on these items, as they may contain possible sources of gluten:

- Beer, ale, lager
- Baked goods
- Breads
- Broth, soup, soup bases
- Candy
- Cereals
- Cookies
- Crackers
- Some chocolates, some chocolate bars
- Flavored coffees and teas
- French Fries
- Imitation bacon bits, imitation seafood
- Medications (check with your pharmacist)
- Pasta
- Potato Chips
- Processed foods and meats
- Salad dressings
- Sausages, hot dogs, deli meats
- Sauces, marinades, gravy
- Seasonings
- Soup
- Soy sauce
- Vitamins & Supplements

NOTES:



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