



Guide to common plants, seeds, grains, cereals and flours

Not gluten-free

Barley - including products that contain malted barley, such as malted drinks, beers, ales, lagers and stouts

Bulgar wheat - part cooked wheat

Couscous - granules made from semolina

Durum wheat - wheat used in making pasta and bread

Einkorn - an ancient form of wheat

Emmer - wheat, also known as faro

Kamut® - ancient wheat grain

Pearl barley - barley which has the hull and bran removed

Rye - closely related to barley and wheat

Semolina - coarse particles of wheat, used to make pasta and puddings

Spelt - an ancient form of wheat

Triticale - a cross between wheat and rye

Wheat - used to make bread, pasta, biscuits and cakes



Need to check

Barley malt extract* - used as a flavouring. Some breakfast cereals containing barley malt extract are suitable

Oats* - often contaminated with gluten, but most people can eat uncontaminated oats. Check with your dietitian before introducing oats into your gluten-free diet so that they can monitor you



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Call us for more information

* See your Food and Drink Directory for suitable foods. The Food and Drink Directory contains thousands of food and drink products that are suitable for your gluten-free diet.





Gluten-free

Agar - from algae, can be used as an alternative to gelatine

Almond - often ground and used as an alternative to flour in baking

Amaranth - a traditional plant used in Africa

Buckwheat - used to make flour and noodles

Carageenan - from red seaweed, used as a food additive

Cassava (manioc) - the white or yellow flesh can be boiled and used as an accompaniment for meat dishes. Tapioca starch is produced from dried cassava root

Chestnut - ground and used for flour

Corn - also called maize, used for flour

Flax/linseed - seeds can be added to muesli

Gram flour (besan) - from ground chickpeas

Hemp - flour and seeds used in bakery and cereal products

Hops - used in the brewing of beer

Maize - also called corn, used for flour

Millet/bajra - cereal used in porridge

Mustard - plant used for flour and powder

Polenta - boiled cornmeal

Potato - used to thicken sauces and soups, flour/starch used in baking

Pulses (peas, beans, lentils) - can be ground into flour and used in a variety of dishes

Quinoa - closely related to beets and spinach, used in muesli, salads and baking

Rice - for example wild, arborio, basmati

Sago - starch extracted from sago palms, used as thickener

Sesame - seeds used in baking

Sorghum - sorghum malt is used in gluten-free brewing

Soya - beans are ground to make soya flour

Tapioca - starch from the root of the cassava, commonly used to make tapioca pudding

Teff - a grass with small seeds, used to make flour

Urd/urid/urad flour - ground lentils

