

Other Names for Gluten



Barley	Groats	Triticum Vulgare
Beer	Malt	Udon Noodles
Bleached Flour	Macha	Vital Wheat
Brewer's Yeast	Matzah	Gluten
Bulgur	Matzo	Wheat (anything that says wheat)
Couscous	Rye	
Durum	Seitan	
Enriched Flour	Semolina	
Farina	Spelt	
Freekeh	Tabbouleh	
Graham Flour		

Visit knowgluten.me for more help going gluten free.