

Common Ingredients that contain GLUTEN (wheat protein):

Abyssinian hard (wheat triticum duran)	Hordeum
Avena	Hydrolyzed plant protein (HPP)
Barley	Hydrolyzed vegetable protein HVP
Barley flour	Job's Tears (aka pearl barley)
Beer	Kamut (pasta wheat)
Bleached all-purpose flour	Malt
Bran	Miso
Broth, prepackaged	Oat flour
Brown flour	Potassium caseinate
Bulgur (bulgur wheat/nuts)	Rice malt (contains barley or Koji)
Caramel color	Rye
Cereal binding	Rye semolina
Cereal extract	Seitan
Chilton	Semolina
Dextrin	Semolina triticum
Durum, durum flour	Shoyu (soy sauce)
Edible starch	Small spelt
Einkorn wheat	Soba noodles
Enriched flour	Sodium caseinate (contains MSG)
Farina	Spelt
Filler	Stativa
Fu (dried wheat gluten)	Strong flour
Galactose	Suet in packets
Germ	Sulfites
Glutamate	Teriyaki sauce
Glutamic acid	Tritical
Graham flour	Triticale X triticosecale
Granary flour	Udon (wheat noodles)
Gum base	Vegetable starch
Hard triticum	Vital gluten
High protein flour	Vulgar

Ingredients that MAY (or may not) contain GLUTEN:

Gelatinized starch	Mustard powder
Natural flavoring	Oats (if processed with gluten)
Hydrolyzed vegetable protein	Chorizo
Modified food starch (source is corn or wheat)	Ground spices
Vinegar	MSG
Sauce Mixes	Rice syrup (may contain barley enzymes)
Alcohol (spirits-unless distilled)	Vitamins
Baking powder	Hair/Bath Products
Baking soda	Soy sauce

Common Ingredients that contain CASEIN (milk protein):

Butter	Lactulose
Butter fat	Low fat Milk fat
Butter oil	Magnesium caseinate
Buttermilk	Malt
Casein (casein hydrosylate)	Malted Milk Margarine (in all forms)
Caseinates (in all forms)	Milk cheese lactose
Cheese	Milk powder
Condensed milk	Milk protein
Cottage cheese	Naturlose (sweetener derived from whey)
Cream	Non-dairy creamer butter
Curds	Nonfat milk
Custard	Nougat
Dry milk	Powdered Milk
Evaporated milk	Pudding
Goat's milk	Rennet casein
Half & Half	Skim milk
Hot dogs	Sodium lactylate (may or may not contain casein)
Lactalbumin	Sour cream
Lactalbumin phosphate	Tagatose (sweetener derived from whey)
Lactoferrin	Whey in all forms
Lactoglobulin	Whole milk
Lactose	

Ingredients that MAY (or may not) contain CASEIN:

Caramel coloring	Lactic Acid or Lactic Acid Starter Culture
Brown sugar flavoring	Lunchmeat
Bavarian cream flavoring	Ghee
Coconut cream flavoring	Sausage
Natural chocolate flavoring	

Common Ingredients that contain SOY:

Gum arabic	Soy panthenol
Bulking agent	Soy sauce
Carob	Soybean
Emulsifier	Soybean oil
Guar gum	Stabilizer
Hydrolyzed vegetable protein	Starch
Lecithin	Textured vegetable protein (TVP)
Miso	Thickener
MSG (monosodium glutamate)	Tofu
Protein extender	Vegetable broth
Soy flour	Vegetable gum
Soy nuts	Vegetable starch