

If you are new to the gluten-free/gluten zero lifestyle, you've probably already figured out that navigating it isn't always easy.



So many changes, so many details to remember; enough to make your head spin 'round-n-round. It's no wonder there is fear, dread and confusion.

Label reading skills are on the "must have" list in order to be successful. [Sorry, this will not be a How to Read Labels article; I'm saving that for another time, but you can learn more about reading labels [here](#) and [here](#)]

If you wish to by-pass almost all labeling reading - stick to single-ingredient whole foods. Fresh fruits and veggies, plain meats, seafood and poultry. Ever see an ingredient label on a head of broccoli? By far, this will be your best and most healthiest option.

However, in the event you find yourself in the packaged food aisles reading labels, you'll run into some strange and confusing ingredients. You'll need to know what they are and if they are gluten-free. Keep in mind, if the ingredient is gluten-free, it does not mean that it's healthy for you. Choose wisely!

I have included lists of ingredients, but to find out more, you'll need to click their respective links.

Gluten-Free Living Magazine "Ingredients"

<http://www.glutenfreeliving.com/ingredient.php>

Amaranth	Quinoa
Arrowroot	Rice
Barley	Rye
Brewer's Yeast	Seasonings
Buckwheat	Seitan
Caramel Color	Soba

Citric Acid	Sorghum
Corn	Soy
Dextrin	Soy Sauce
Flavors	Spelt
Glucose Syrup	Spices*
Gluten	Starch
Guar Gum	Sweet Potato
Herbs	Tapioca
HVP or HPP	Teff
Lecithin	Teriyaki sauce
Malt	Tofo
Maltodextrin	Triticale
Millet	Vanilla
Modified Food Starch	Vinegar
Mono and diglycerides	Wheat
Montina	Wheat Starch
MSG	Whey
Oat Gum	Xanthan Gum
Oats	Yeast
Potato	

Delight Gluten-Free Magazine

"Ask the Expert: Shelley Case Clears up Gluten-Free Myths"

<http://www.delightglutenfree.com/glutenfreemyths>

Alcohol	Maltodextrin
Blue Cheese	Modified Food Starch
Caramel Coloring	Spices* & Seasonings
Flavorings	Vinegar

Gluten-Free Living Magazine

“Top 10 Ingredients you really don't need to worry about”

<http://www.glutenfreeliving.com/the-magazine/featured-stories/top-10-ingredients-you-really-dont-need-to-worry-about/>

1. Caramel Color	6. Hydrolyzed Vegetable Protein and Hydrolyzed Plant Protein (HVP/HPP)
2. Citric Acid	7. Maltodextrin
3. Dextrose	8. Mono and diglycerides
4. Glucose Syrup	9. Spices*
5. Glue (envelopes)	10. Vinegar

*Ground Spices

*Ground spices have been undergoing some investigation as of late. While single spices are inherently gluten-free, testing is beginning to show that various levels of contamination can be found - even if the spices are processed in a facility without gluten [they are presumably coming in contaminated].

Please check out these links...

Gluten Free Watchdog Report: Gluten Contamination of Spices

<http://bit.ly/1f0leYj>

Canadian Food Inspection Agency Report: Gluten in Ground Spices

<http://bit.ly/1iYVJFM>

<http://bit.ly/1cIvfDB>

Notes: