

GLUTEN HYPERSENSITIVITY Block

Note: **Bold underlined** items are associated with gluten sensitivity. Non-bolded items are common gluten alternatives and used in "gluten-free" products.

Almond	Buckwheat/Kasha	<u>Gliadin</u>	Malt	Quinoa	Tapioca
Amaranth	Cashew	<u>Gluten</u>	Millet	Rice, Basmati	<u>Triticale</u>
Arrowroot	Cassava (Yuca)	Hazelnut/Filbert	<u>Oats</u>	Rice, Brown	Walnut, English
<u>Barley</u>	Chestnut	Hemp	Pea, Green, Snow	Rice, White	<u>Wheat</u>
Bean, Aduki/Adzuki	Chia	Hops	Peanut	Rice, Wild	
Bean, Garbanzo	Coconut	<u>Kamut</u>	Pecan	<u>Rye</u>	
Bean, Soya	Corn (Maize)	Lentils, Red, Green	Pistachio	Sesame/Tahini	
Brazil Nut	Flaxseed/Linseed Oil	Macadamia	Potato, White	<u>Spelt</u>	