

**GLUTEN HYPERSENSITIVITY BLOCK 44**

**44 items**

**Gluten Hypersensitivity Block (44 ITEMS)**

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