A gluten-free grocery list you can print, every item checked and dated

1624 items, checked between Nov 16, 2026 and Nov 18, 2026.

Recipes change. Each item shows the date we read its source; read the package you hold.

Naturally gluten-free staples

Foods whose plain, usual US form has no wheat, barley, rye or oats in it. Packaged versions can differ, and each line says how many of those we checked contain gluten. Grains, flours and starches can pick up gluten in harvesting and processing, so the Celiac Disease Foundation advises buying versions tested under 20 parts per million, the level a US gluten-free label requires.

BAKING INGREDIENTS

- ☐ **Almond flour**
  Buy it labeled gluten-free
- ☐ **Coconut flour**
  Buy it labeled gluten-free
- ☐ **Cornstarch**
  Buy it labeled gluten-free
- ☐ **Rice flour**
  Buy it labeled gluten-free
- ☐ **Soy flour**
  Buy it labeled gluten-free
- ☐ **Tapioca**
  Buy it labeled gluten-free

BEANS AND LEGUMES

- ☐ **Chickpeas**
- ☐ **Edamame**

BEVERAGES

- ☐ **Almond milk**
- ☐ **Apple juice**
- ☐ **Cashew milk**
- ☐ **Coconut milk**
- ☐ **Flax milk**
- ☐ **Hemp milk**
- ☐ **Macadamia milk**
- ☐ **Pea milk**
- ☐ **Pineapple juice**
- ☐ **Soy milk**

CONDIMENTS AND SAUCES

- ☐ **Apple cider vinegar**
- ☐ **Balsamic vinegar**
- ☐ **Mayonnaise**

DAIRY

- ☐ **Asiago cheese**
  1 of 6 products we checked contains gluten
- ☐ **Brie**
- ☐ **Butter**
- ☐ **Camembert**
- ☐ **Cheddar cheese**
  2 of 8 products we checked contain gluten
- ☐ **Cheese**
  3 of 9 products we checked contain gluten
- ☐ **Colby cheese**
  2 of 11 products we checked contain gluten
- ☐ **Cottage cheese**
- ☐ **Cream cheese**
- ☐ **Feta cheese**
- ☐ **Goat cheese**
  1 of 8 products we checked contains gluten
- ☐ **Goat milk**

- [ ] **Gouda cheese**
  2 of 7 products we checked contain gluten
- [ ] **Gruyere cheese**
- [ ] **Havarti cheese**
- [ ] **Jack cheese**
  2 of 10 products we checked contain gluten
- [ ] **Milk**
- [ ] **Mozzarella cheese**
  1 of 10 products we checked contains gluten
- [ ] **Muenster cheese**
- [ ] **Parmesan**
  2 of 8 products we checked contain gluten
- [ ] **Pepper jack cheese**
  1 of 9 products we checked contains gluten
- [ ] **Provolone cheese**
- [ ] **Ricotta cheese**
- [ ] **Romano cheese**
- [ ] **Sheep milk**
- [ ] **Sour cream**
- [ ] **Swiss cheese**

DRINKS AND ALCOHOL

- [ ] **Champagne**
- [ ] **Cider**
- [ ] **Wine**

FRUITS

- [ ] **Avocado**
- [ ] **Bananas**

GRAINS

- [ ] **Buckwheat**
  Buy it labeled gluten-free
- [ ] **Grits**
  Buy it labeled gluten-free
- [ ] **Millet**
  Buy it labeled gluten-free
  1 of 5 products we checked contains gluten
- [ ] **Polenta**
  Buy it labeled gluten-free
- [ ] **Quinoa**
  Buy it labeled gluten-free
- [ ] **Rice**
  Buy it labeled gluten-free
  3 of 8 products we checked contain gluten
- [ ] **Sorghum**
  Buy it labeled gluten-free

MEAT AND PROTEIN

- [ ] **Chicken**
  3 of 10 products we checked contain gluten
- [ ] **Eggs**
- [ ] **Shrimp**
  4 of 8 products we checked contain gluten
- [ ] **Turkey**
  1 of 8 products we checked contains gluten

PASTA AND NOODLES

- [ ] **Rice noodles**
  Buy it labeled gluten-free
  2 of 9 products we checked contain gluten

PREPARED FOODS

- [ ] **Frittata**

SNACKS

- [ ] **Popcorn**
  1 of 8 products we checked contains gluten

SWEETENERS

- [ ] **Maple Syrup**

VEGETABLES AND STARCHES

- [ ] **Corn**
  1 of 5 products we checked contains gluten
- [ ] **Olives**
- [ ] **Potatoes**
  1 of 6 products we checked contains gluten

Labeled or certified gluten-free products we checked

Each one's maker calls it gluten-free, or a certifier lists it.

BAKING INGREDIENTS

- ☐ **Almond Flour, super finely ground (16 oz)**
  Certified gluten-free · King Arthur Baking Company
- ☐ **Andes Crème de Menthe Thins**
  Labeled gluten-free
- ☐ **Anthony's Goods Organic Coconut Flour (4 lb)**
  Labeled gluten-free
- ☐ **Argo Baking Powder**
  Labeled gluten-free
- ☐ **Argo Corn Starch**
  Labeled gluten-free
- ☐ **Argo Corn Starch, 16 oz**
  Labeled gluten-free · Argo
- ☐ **Arrowhead Mills Organic Gluten Free Buckwheat Flour, 22 oz**
  Certified gluten-free · Arrowhead Mills
- ☐ **Arrowhead Mills Organic Gluten Free Coconut Flour (16 oz)**
  Certified gluten-free
- ☐ **Authentic Foods Superfine White Rice Flour**
  Labeled gluten-free

and 93 more at glutenlookup.com/grocery-list/

BEANS AND LEGUMES

- ☐ **Amy's Organic Vegetarian Refried Beans with Green Chiles**
  Labeled gluten-free · Amy's
- ☐ **Amy's Organic Vegetarian Refried Black Beans**
  Labeled gluten-free · Amy's
- ☐ **Amy's Organic Vegetarian Refried Black Beans, Light in Sodium**
  Labeled gluten-free · Amy's
- ☐ **Banza Chickpea Elbows**
  Certified gluten-free
- ☐ **Bush's Fat Free Refried Beans (16 oz)**
  Labeled gluten-free
- ☐ **Bush's Refried Black Beans (16 oz)**
  Labeled gluten-free
- ☐ **Bush's Traditional Refried Beans (16 oz)**
  Labeled gluten-free
- ☐ **Bush's Traditional Refried Beans, 16 oz**
  Labeled gluten-free · Bush's Best
- ☐ **Chickpea Flour (Bob's Red Mill)**
  Labeled gluten-free

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BEVERAGES

- ☐ **Alani Nu energy drinks**
  Labeled gluten-free
- ☐ **Almond Breeze Original Almondmilk**
  Labeled gluten-free
- ☐ **Almond Breeze Unsweetened Original Almondmilk**
  Labeled gluten-free
- ☐ **AriZona Blueberry White Tea (20 oz Tall Boy)**
  Labeled gluten-free
- ☐ **AriZona Cold Brew Green Tea (16 oz)**
  Labeled gluten-free
- ☐ **AriZona Cold Brew Sweet Tea (16 oz)**
  Labeled gluten-free
- ☐ **AriZona Cold Brew Unsweet Tea (16 oz)**
  Labeled gluten-free
- ☐ **AriZona Green Tea (20 oz Tall Boy)**
  Labeled gluten-free
- ☐ **AriZona Lemon Tea (20 oz Tall Boy)**
  Labeled gluten-free

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BREADS AND BAKED GOODS

- ☐ **4C Gluten Free Panko Plain Crumbs**
  Certified gluten-free
- ☐ **Against the Grain Plain Bagels**
  Certified gluten-free
- ☐ **Aleia's Gluten Free Panko Bread Crumbs (7 oz)**
  Certified gluten-free
- ☐ **Aleia's Gluten Free Plain Bread Crumbs (7 oz)**
  Certified gluten-free
- ☐ **Betty Crocker Gluten Free Chocolate Brownie Mix**
  Labeled gluten-free
- ☐ **Betty Crocker Gluten Free Yellow Cake Mix**
  Labeled gluten-free

- [ ] **BFree Foods Pita Pockets**
  Certified gluten-free
- [ ] **BFree Naan**
  Certified gluten-free
- [ ] **Bob's Red Mill Gluten Free Brownie Mix**
  Labeled gluten-free

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BREAKFAST AND CEREAL

- [ ] **Apple Cinnamon Cheerios**
  Labeled gluten-free · General Mills
- [ ] **Banza Homestyle Protein Waffles**
  Certified gluten-free
- [ ] **Betty Crocker Bisquick Gluten Free Pancake and Baking Mix, 16 oz**
  Labeled gluten-free · Bisquick
- [ ] **Bisquick Gluten Free Pancake & Baking Mix**
  Labeled gluten-free
- [ ] **Bisquick Gluten Free Pancake and Baking Mix (16 oz)**
  Certified gluten-free
- [ ] **Blueberry Chex**
  Labeled gluten-free · General Mills
- [ ] **Bob's Red Mill Gluten Free Pancake Mix**
  Labeled gluten-free
- [ ] **Cheerios Original**
  Labeled gluten-free
- [ ] **Chocolate Cheerios**
  Labeled gluten-free · General Mills

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CANDY AND SWEETS

- [ ] **365 Whole Foods Market Marshmallow Bunnies**
  Certified gluten-free
- [ ] **ALMOND JOY Candy Bar (1.61 oz)**
  Labeled gluten-free · The Hershey Company
- [ ] **ALMOND JOY Candy Bars (9.66 oz, 6 pack)**
  Labeled gluten-free · The Hershey Company
- [ ] **ALMOND JOY Coconut and Almond Chocolate Candy Bar**
  Labeled gluten-free · The Hershey Company
- [ ] **ALMOND JOY King Size Candy Bar (3.22 oz)**
  Labeled gluten-free · The Hershey Company
- [ ] **ALMOND JOY Miniatures (10.2 oz pack)**
  Labeled gluten-free · The Hershey Company
- [ ] **ALMOND JOY Snack Size Candy Bars (11.3 oz bag)**
  Labeled gluten-free · The Hershey Company
- [ ] **ALMOND JOY Snack Size Candy Bars (20.1 oz jumbo bag)**
  Labeled gluten-free · The Hershey Company
- [ ] **ALMOND JOY Snack Size Candy Bars (4.8 oz, 8 pack)**
  Labeled gluten-free · The Hershey Company

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CONDIMENTS AND SAUCES

- [ ] **Badia Turmeric Ground (16 oz)**
  Labeled gluten-free
- [ ] **Blue Plate Real Mayonnaise**
  Labeled gluten-free
- [ ] **Bragg Apple Cider Vinegar Blend, Honey**
  Labeled gluten-free
- [ ] **Bragg Organic Apple Cider Vinegar**
  Labeled gluten-free
- [ ] **California Olive Ranch Everyday Extra Virgin Olive Oil**
  Labeled gluten-free
- [ ] **California Olive Ranch Organic Everyday Extra Virgin Olive Oil**
  Labeled gluten-free
- [ ] **California Olive Ranch Organic Premium Select Extra Virgin Olive Oil**
  Labeled gluten-free
- [ ] **California Olive Ranch Premium Select Extra Virgin Olive Oil**
  Labeled gluten-free
- [ ] **Cardini's The Original Caesar Dressing (12 oz)**
  Labeled gluten-free

and 131 more at glutenlookup.com/grocery-list/

DAIRY

- [ ] **365 WFM Brand Oat-Based Whipped Topping**
  Certified gluten-free
- [ ] **Alden's Organic Vanilla Bean Ice Cream (48 oz)**
  Certified gluten-free
- [ ] **Augason Farms Colby Jack cheese (GFCO listing, 30.19 oz)**
  Certified gluten-free

- [ ] **BelGioioso Blue Cheese**
  Labeled gluten-free
- [ ] **Bellwether Farms Plain Sheep Milk Yogurt**
  Labeled gluten-free
- [ ] **Bellwether Farms Vanilla, Blackberry and Strawberry Sheep Milk Yogurt**
  Labeled gluten-free
- [ ] **Daisy Classic 4% Cottage Cheese**
  Labeled gluten-free
- [ ] **Daisy Sour Cream**
  Labeled gluten-free
- [ ] **Daiya Dairy-Free Original Cream Cheese**
  Certified gluten-free

and 63 more at glutenlookup.com/grocery-list/

DRINKS AND ALCOHOL

- [ ] **Angry Orchard Crisp Apple**
  Labeled gluten-free
- [ ] **Austin Eastciders Original Dry**
  Labeled gluten-free
- [ ] **BACARDÍ Spiced**
  Labeled gluten-free
- [ ] **Casamigos Tequila**
  Labeled gluten-free
- [ ] **Ciderboys First Press**
  Labeled gluten-free
- [ ] **Cîroc Ultra-Premium Vodka**
  Labeled gluten-free
- [ ] **Cline Family Cellars wines**
  Labeled gluten-free
- [ ] **Demitri's 38 Calorie Margarita Mix (32 oz)**
  Certified gluten-free
- [ ] **Demitri's Bloody Mary Seasonings, Classic Recipe**
  Certified gluten-free

and 26 more at glutenlookup.com/grocery-list/

FRUITS

- [ ] **Barnana Organic Chocolate Chewy Banana Bites**
  Processed in a facility that also processes wheat
  Labeled gluten-free
- [ ] **Barnana Peanut Butter Cup Banana Bites**
  Processed in a facility that also processes wheat
  Labeled gluten-free
- [ ] **Chosen Foods Classic Avocado Oil Mayo (24 fl oz)**
  Certified gluten-free
- [ ] **La Tourangelle Avocado Oil Spray (5 fl oz)**
  Certified gluten-free
- [ ] **Lärabar Banana Bread**
  Labeled gluten-free
- [ ] **Primal Kitchen Mayo with Avocado Oil**
  Certified gluten-free

GRAINS

- [ ] **365 Whole Foods Market Organic Yellow Corn Grits**
  Certified gluten-free
- [ ] **Ancient Harvest Inca Red Quinoa (14.4 oz)**
  Labeled gluten-free
- [ ] **Ancient Harvest Organic Inca Red Quinoa, 14.4 oz, pack of 12**
  Labeled gluten-free · Ancient Harvest
- [ ] **Ancient Harvest Organic Traditional Quinoa (14.4 oz)**
  Labeled gluten-free
- [ ] **Arrowhead Mills Organic Buckwheat Flour (22 oz)**
  Certified gluten-free
- [ ] **Arrowhead Mills Organic Millet Flour (23 oz)**
  Certified gluten-free
- [ ] **Birkett's Gluten-Free Pancake Mix**
  Labeled gluten-free
- [ ] **Bob's Red Mill Gluten Free All Purpose Baking Flour**
  Labeled gluten-free
- [ ] **Bob's Red Mill Gluten Free Old Fashioned Rolled Oats**
  Labeled gluten-free

and 45 more at glutenlookup.com/grocery-list/

MEAT AND PROTEIN

- [ ] **Applegate Naturals Beef Hot Dog**
  Labeled gluten-free
- [ ] **Applegate Naturals Black Forest Ham**
  Labeled gluten-free
- [ ] **Applegate Naturals Chicken & Maple Breakfast Sausage, 16oz**
  Certified gluten-free
- [ ] **Applegate Naturals Classic Pork Breakfast Sausage**
  Labeled gluten-free
- [ ] **Applegate Naturals Genoa Salami**
  Labeled gluten-free
- [ ] **Applegate Naturals Herb Turkey Breast**
  Labeled gluten-free
- [ ] **Applegate Naturals Savory Turkey Breakfast Sausage**
  Labeled gluten-free
- [ ] **Applegate Naturals Slow Cooked Ham**
  Labeled gluten-free
- [ ] **Applegate Naturals Sunday Bacon (12 oz)**
  Labeled gluten-free

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PASTA AND NOODLES

- [ ] **Annie's Gluten Free Rice Pasta & Cheddar Mac**
  Labeled gluten-free
- [ ] **Annie's Gluten Free Rice Pasta & Cheddar Mac, 6 oz**
  Labeled gluten-free · Annie's
- [ ] **Banza Angel Hair Chickpea Pasta**
  Labeled gluten-free · Banza
- [ ] **Banza Brown Rice Elbows**
  Labeled gluten-free · Banza
- [ ] **Banza Brown Rice Penne**
  Labeled gluten-free · Banza
- [ ] **Banza Brown Rice Rotini**
  Labeled gluten-free · Banza
- [ ] **Banza Brown Rice Spaghetti**
  Labeled gluten-free · Banza
- [ ] **Banza Bucatini Chickpea Pasta**
  Labeled gluten-free · Banza
- [ ] **Banza Cavatappi Chickpea Pasta**
  Labeled gluten-free · Banza

and 69 more at glutenlookup.com/grocery-list/

PREPARED FOODS

- [ ] **Against the Grain 12-inch Pizza Shell**
  Certified gluten-free
- [ ] **Aleia's Avocado Oil Cornbread Stuffing Mix (9 oz)**
  Certified gluten-free
- [ ] **Aleia's Avocado Oil Gluten Free Savory Stuffing Mix, 9 oz**
  Certified gluten-free · Aleia's
- [ ] **Aleia's Avocado Oil Savory Stuffing Mix (9 oz)**
  Certified gluten-free
- [ ] **Aloha Shoyu Gluten-Free Soy Sauce**
  Labeled gluten-free
- [ ] **Amy's Cheese Enchilada (frozen)**
  Labeled gluten-free
- [ ] **Amy's Organic Black Bean Chili**
  Labeled gluten-free · Amy's
- [ ] **Amy's Organic Black Bean Vegetable Soup**
  Labeled gluten-free · Amy's
- [ ] **Amy's Organic Cream of Tomato Soup**
  Labeled gluten-free · Amy's

and 123 more at glutenlookup.com/grocery-list/

SNACKS

- [ ] **Almond & Coconut**
  Labeled gluten-free · KIND (Mars)
- [ ] **Angie's BOOMCHICKAPOP Real Butter Popcorn**
  Labeled gluten-free
- [ ] **Angie's BOOMCHICKAPOP Sea Salt Popcorn**
  Labeled gluten-free
- [ ] **Angie's BOOMCHICKAPOP White Cheddar Popcorn**
  Labeled gluten-free
- [ ] **Blue Diamond Nut-Thins Hint of Sea Salt (4.25 and 7.7 oz)**
  Certified gluten-free
- [ ] **Blue Diamond Nut-Thins Hint of Sea Salt Gluten Free Cracker Crisps, 7.7 oz**
  Certified gluten-free · Blue Diamond
- [ ] **Bobo's Chocolate Chip Oatmeal Bar**
  Labeled gluten-free
- [ ] **Caramel Almond & Sea Salt**
  Labeled gluten-free · KIND (Mars)
- [ ] **Cheez-It Gluten Free Original Baked Snack Crackers, 9 oz**
  Labeled gluten-free · Cheez-It

and 89 more at glutenlookup.com/grocery-list/

SWEETENERS

- [ ] **Amber Organic Vermont Maple Syrup - Jug, 32 oz**
  Labeled gluten-free · Vermont Maple Syrup
- [ ] **AriZona Liberty Lemonade (22 oz)**
  Labeled gluten-free
- [ ] **Benefiber Original Powder (fiber supplement)**
  Labeled gluten-free
- [ ] **Butternut Mountain Farm Pure Maple Syrup, 12 oz glass**
  Labeled gluten-free
- [ ] **Butternut Mountain Farm Sweet Bourbon Flask, 6.7 oz**
  Labeled gluten-free
- [ ] **Cocoa PEBBLES cereal**
  Labeled gluten-free
- [ ] **French's Worcestershire Sauce (1 gal)**
  Labeled gluten-free
- [ ] **Honey Acres Chai Spice Honey Spread (12 oz)**
  Certified gluten-free
- [ ] **Honey Acres Clover Honey, 12 oz Bear**
  Certified gluten-free

and 14 more at glutenlookup.com/grocery-list/

VEGETABLES AND STARCHES

- ☐ **Betty Crocker Potato Buds**
  Labeled gluten-free
- ☐ **Betty Crocker Potato Buds Unflavored Mashed Potatoes, 13.75 oz**
  Labeled gluten-free · Betty Crocker
- ☐ **Bob's Red Mill Gluten Free Corn Flour**
  Labeled gluten-free
- ☐ **Bob's Red Mill Gluten Free Yellow Corn Polenta**
  Labeled gluten-free
- ☐ **Bubbies Bread & Butter Chips**
  Labeled gluten-free
- ☐ **Bubbies Kosher Dill Pickles**
  Labeled gluten-free
- ☐ **Bubbies Kosher Dill Relish**
  Labeled gluten-free
- ☐ **Cleveland Kitchen Classic Kimchi**
  Labeled gluten-free
- ☐ **Cleveland Kitchen Classic Kimchi, 16 oz, pack of 6**
  Labeled gluten-free · Cleveland Kitchen

and 38 more at glutenlookup.com/grocery-list/

The label card

Names to look for in an ingredient list. Each one has its own verdict page on Gluten Verdict.

INGREDIENT NAMES THAT MEAN GLUTEN

- **Au jus**
  Also on labels as: au jus gravy, au jus gravy mix, au jus mix
  Contains gluten
- **Bagels**
  Also on labels as: bagel, plain bagel, everything bagel
  Contains gluten
- **Barley**
  Also on labels as: pearl barley, pearled barley, hulled barley
  Contains gluten
- **Biscuits and gravy**
  Also on labels as: biscuits & gravy, biscuits and sausage gravy, sausage gravy and biscuits
  Contains gluten
- **Bread**
  Also on labels as: white bread, wheat bread, whole wheat bread
  Contains gluten
- **Breadcrumbs**
  Also on labels as: bread crumbs, breadcrumb, panko
  Contains gluten
- **Brownies**
  Also on labels as: brownie, brownie mix, fudge brownies
  Contains gluten
- **Bulgur**
  Also on labels as: bulgur wheat, bulghur, burghul
  Contains gluten
- **Cake**
  Also on labels as: cakes, cake mix, yellow cake
  Contains gluten
- **Chow mein noodles**
  Also on labels as: chow mein, crispy chow mein noodles, crunchy chow mein noodles
  Contains gluten
- **Churros**
  Also on labels as: churro, fried churros, cinnamon churros
  Contains gluten
- **Cookies**
  Also on labels as: cookie, chocolate chip cookies, sugar cookies
  Contains gluten
- **Couscous**
  Also on labels as: cous cous, cous-cous, pearl couscous
  Contains gluten
- **Crepes**
  Also on labels as: crepe, crêpe, crêpes
  Contains gluten
- **Croissant**
  Also on labels as: croissants, butter croissant, chocolate croissant
  Contains gluten
- **Croutons**
  Also on labels as: crouton, caesar croutons, seasoned croutons
  Contains gluten
- **Donuts**
  Also on labels as: donut, doughnut, doughnuts
  Contains gluten
- **Dumplings**
  Also on labels as: dumpling, potsticker, potstickers
  Contains gluten
- **Egg noodles**
  Also on labels as: egg noodle, egg pasta, homestyle egg noodles
  Contains gluten
- **Egg rolls**
  Also on labels as: egg roll, eggroll, eggrolls
  Contains gluten
- **Farro**
  Also on labels as: pearled farro, organic farro, farro grain
  Contains gluten
- **Flour**
  Also on labels as: all-purpose flour, all purpose flour, wheat flour
  Contains gluten
- **Fruitcake**
  Also on labels as: fruit cake, christmas fruitcake, holiday fruitcake
  Contains gluten
- **Funnel cake**
  Also on labels as: funnel cakes, fair funnel cake, carnival funnel cake
  Contains gluten
- **Gingerbread**
  Also on labels as: gingerbread cookie, gingerbread cookies, gingerbread cake
  Contains gluten
- **Graham crackers**
  Also on labels as: graham cracker, graham flour, honey grahams
  Contains gluten
- **Hamburger buns**
  Also on labels as: hamburger bun, burger bun, burger buns
  Contains gluten
- **Lasagna**
  Also on labels as: lasagne, lasagna noodles, lasagna sheets
  Contains gluten
- **Lo mein**
  Also on labels as: lo mein noodles, chicken lo mein, shrimp lo mein
  Contains gluten
- **Mac and cheese**
  Also on labels as: macaroni and cheese, macaroni & cheese, mac & cheese
  Contains gluten

Malt extract
Also on labels as: barley malt extract, malted barley extract, extract of malted barley
Contains gluten

Malt vinegar
Also on labels as: barley malt vinegar
Contains gluten

Naan
Also on labels as: naan bread, garlic naan, butter naan
Contains gluten

Pancakes
Also on labels as: pancake, pancake mix, buttermilk pancakes
Contains gluten

Pasta
Also on labels as: spaghetti, penne, macaroni
Contains gluten

Pie crust
Also on labels as: pie crusts, pie shell, pie shells
Contains gluten

Pita
Also on labels as: pita bread, pitas, pita pocket
Contains gluten

Pizza
Also on labels as: pizza crust, pizza dough, frozen pizza
Contains gluten

Pot pie
Also on labels as: chicken pot pie, beef pot pie, turkey pot pie
Contains gluten

Quiche
Also on labels as: quiche lorraine, mini quiche, crustless quiche
Contains gluten

Ramen
Also on labels as: ramen noodle, ramen noodles, instant ramen
Contains gluten

Ravioli
Also on labels as: cheese ravioli, beef ravioli, spinach and ricotta ravioli
Contains gluten

Seitan
Also on labels as: vital wheat gluten, wheat gluten
Contains gluten

Sourdough
Also on labels as: sourdough bread, sourdough loaf, san francisco sourdough
Contains gluten

Spelt
Also on labels as: spelt flour, spelt wheat, whole grain spelt
Contains gluten

Stuffing
Also on labels as: dressing, thanksgiving dressing, thanksgiving stuffing
Contains gluten

Udon
Also on labels as: udon noodles, udon noodle
Contains gluten

Waffles
Also on labels as: waffle, belgian waffles, frozen waffles
Contains gluten

Wonton soup
Also on labels as: wonton, wontons, wonton wrappers
Contains gluten

NAMES TO CHECK

Almond oil
Also on labels as: sweet almond oil, refined almond oil, roasted almond oil
Unknown

Bacon
Also on labels as: pork bacon, uncured bacon, turkey bacon
Depends on the product

Baking powder
Also on labels as: double acting baking powder, double-acting baking powder, aluminum-free baking powder
Depends on the product

BBQ sauce
1 of 6 products we checked contains gluten
Also on labels as: barbecue sauce, barbeque sauce, bar-b-q sauce
Depends on the product

Beef jerky
3 of 8 products we checked contain gluten
Also on labels as: jerky, teriyaki jerky, teriyaki beef jerky
Depends on the product

Beer
2 of 5 products we checked contain gluten
Also on labels as: ale, lager, stout
Depends on the product

Black tea
Also on labels as: black tea bags, loose leaf black tea, iced black tea
Depends on the product

Bloody Mary
3 of 9 products we checked contain gluten
Also on labels as: bloody marys, bloody mary mix, bloody mary cocktail
Depends on the product

Blue cheese
Also on labels as: bleu cheese, blue cheese crumbles, crumbled blue cheese
Depends on the product

Brewer's yeast
Also on labels as: brewers yeast, spent brewer's yeast
Depends on the product

Bubble tea
2 of 9 products we checked contain gluten
Also on labels as: boba, boba tea, bubble milk tea
Depends on the product

Caesar dressing
1 of 9 products we checked contains gluten
Also on labels as: cesar dressing, caesar salad dressing, creamy caesar dressing
Depends on the product

Calamari
5 of 8 products we checked contain gluten
Also on labels as: fried calamari, breaded calamari, calamari rings
Depends on the product

Candy canes
Also on labels as: candy cane, peppermint candy canes, peppermint candy cane
Depends on the product

Caramel color
2 of 7 products we checked contain gluten
Also on labels as: caramel colour, caramel coloring, caramel colouring
Depends on the product

Cereal
5 of 12 products we checked contain gluten
Also on labels as: breakfast cereal, cold cereal, ready-to-eat cereal
Depends on the product

Chai
Also on labels as: chai tea, masala chai, chai latte
Depends on the product

Cheesecake
4 of 7 products we checked contain gluten
Also on labels as: new york cheesecake, new york style cheesecake, baked cheesecake
Depends on the product

Chewing gum
Also on labels as: bubble gum, sugar free gum, sugarfree gum
Depends on the product

Chicken broth
Also on labels as: chicken stock, chicken bone broth, chicken bouillon
Depends on the product

Chicken nuggets
4 of 8 products we checked contain gluten
Also on labels as: chicken nugget, breaded chicken nuggets, frozen chicken nuggets
Depends on the product

Chicken salad
4 of 7 products we checked contain gluten
Also on labels as: chicken salad sandwich, deli chicken salad, canned chicken salad
Depends on the product

Chili
6 of 12 products we checked contain gluten
Also on labels as: chilli, chili con carne, chili with beans
Depends on the product

Chips
2 of 8 products we checked contain gluten
Also on labels as: potato chips, tortilla chips, corn chips
Depends on the product

Chocolate
2 of 8 products we checked contain gluten
Also on labels as: milk chocolate, dark chocolate, semisweet chocolate
Depends on the product

Chocolate chips
Also on labels as: chocolate morsels, semi-sweet chocolate chips, semisweet chocolate chips
Depends on the product

Citric acid
1 of 5 products we checked contains gluten
Also on labels as: anhydrous citric acid, citric acid anhydrous
Unknown

Coffee
1 of 7 products we checked contains gluten
Also on labels as: espresso, brewed coffee, black coffee
Depends on the product

Cola
Also on labels as: colas, cola soda, cola drink
Depends on the product

Coleslaw
1 of 8 products we checked contains gluten
Also on labels as: cole slaw, slaw, coleslaw dressing
Depends on the product

Corn dogs
5 of 7 products we checked contain gluten
Also on labels as: corn dog, corndog, corndogs
Depends on the product

Corn flakes
1 of 3 products we checked contains gluten
Also on labels as: cornflakes, cornflake, corn flake cereal
Depends on the product

Corn oil
Also on labels as: maize oil, refined corn oil, mazola corn oil
Unknown

Corn tortillas
Also on labels as: corn tortilla, white corn tortillas, yellow corn tortillas
Depends on the product

Cornbread
3 of 8 products we checked contain gluten
Also on labels as: corn bread, cornbread mix, cornbread muffins
Depends on the product

Crab cakes
5 of 6 products we checked contain gluten
Also on labels as: crab cake, maryland crab cakes, jumbo lump crab cakes
Depends on the product

Crackers
4 of 8 products we checked contain gluten
Also on labels as: cracker, saltines, saltine crackers
Depends on the product

Cranberry sauce
Also on labels as: jellied cranberry sauce, whole berry cranberry sauce, canned cranberry sauce
Depends on the product

Curry
2 of 11 products we checked contain gluten
Also on labels as: curry sauce, curry powder, curry paste
Depends on the product

Deli meat
1 of 7 products we checked contains gluten
Also on labels as: lunch meat, lunchmeat, luncheon meat
Depends on the product

Deviled eggs
1 of 7 products we checked contains gluten
Also on labels as: deviled egg, devilled eggs, deviled egg potato salad
Depends on the product

Dextrin
1 of 4 products we checked contains gluten
Also on labels as: dextrins, wheat dextrin, corn dextrin
Depends on the product

Eggnog
Also on labels as: egg nog, nog, holiday nog
Depends on the product

Enchiladas
3 of 8 products we checked contain gluten
Also on labels as: enchilada, cheese enchiladas, chicken enchiladas
Depends on the product

Energy drinks
Also on labels as: energy drink, energy beverage, caffeinated energy drink
Depends on the product

English muffins
4 of 8 products we checked contain gluten
Also on labels as: english muffin, nooks and crannies, sourdough english muffin
Depends on the product

Falafel
2 of 6 products we checked contain gluten
Also on labels as: falafel mix, falafel balls, falafel patties
Depends on the product

Fish and chips
5 of 6 products we checked contain gluten
Also on labels as: fish & chips, fish n chips, fish and fries
Depends on the product

Fish sauce
Also on labels as: nam pla, nuoc mam, patis
Depends on the product

Fish tacos
5 of 8 products we checked contain gluten
Also on labels as: fish taco, baja fish tacos, beer battered fish tacos
Depends on the product

French fries
2 of 8 products we checked contain gluten
Also on labels as: fries, french fry, frozen french fries
Depends on the product

Fried rice
1 of 7 products we checked contains gluten
Also on labels as: chicken fried rice, vegetable fried rice, egg fried rice
Depends on the product

Gin
Also on labels as: london dry gin, dry gin, flavored gin
Depends on the product

Ginger beer
Also on labels as: diet ginger beer, sugar free ginger beer, light ginger beer
Depends on the product

Gnocchi
2 of 7 products we checked contain gluten
Also on labels as: potato gnocchi, gnocchi pasta, sweet potato gnocchi
Depends on the product

Granola
1 of 6 products we checked contains gluten
Also on labels as: granola cereal, granola clusters, oat granola
Depends on the product

Granola bars
2 of 6 products we checked contain gluten
Also on labels as: granola bar, oat bars, oatmeal bars
Depends on the product

Gravy
6 of 9 products we checked contain gluten
Also on labels as: gravy mix, brown gravy, country gravy
Depends on the product

Green bean casserole
3 of 5 products we checked contain gluten
Also on labels as: string bean casserole, green bean casserole with cream of mushroom soup, french fried onion casserole
Depends on the product

Green tea
1 of 10 products we checked contains gluten
Also on labels as: green tea bags, bottled green tea, iced green tea
Depends on the product

Guacamole
Also on labels as: guac, guacamole dip, avocado dip
Depends on the product

Gummy bears
Also on labels as: gummy bear, gummi bears, gummy bear candy
Depends on the product

Gyro meat
6 of 10 products we checked contain gluten
Also on labels as: gyro, gyros, gyros meat
Depends on the product

Ham
Also on labels as: smoked ham, honey ham, black forest ham
Depends on the product

Hard seltzer
1 of 6 products we checked contains gluten
Also on labels as: hard seltzers, spiked seltzer, truly
Depends on the product

Hash browns
1 of 6 products we checked contains gluten
Also on labels as: hashbrowns, hash brown, hashbrown
Depends on the product

Herbal tea
2 of 14 products we checked contain gluten
Also on labels as: herbal tea bags, tisane, herbal infusion
Depends on the product

Hoisin sauce
2 of 5 products we checked contain gluten
Also on labels as: hoisin
Depends on the product

Honey
Also on labels as: raw honey, clover honey, wildflower honey
Depends on the product

Horchata
Also on labels as: horchata drink, rice horchata, mexican horchata
Depends on the product

Hot chocolate
Also on labels as: hot cocoa, hot cocoa mix, hot chocolate mix
Depends on the product

Hot dogs
Also on labels as: hot dog, hotdog, hotdogs
Depends on the product

Hot sauce
1 of 8 products we checked contains gluten
Also on labels as: hot sauces, cholula, cholula hot sauce
Depends on the product

Hummus
Also on labels as: hommus, hummus dip, chickpea dip
Depends on the product

Hydrolyzed vegetable protein
2 of 6 products we checked contain gluten
Also on labels as: hvp, hydrolyzed plant protein, hydrolyzed protein
Depends on the product

Ice cream
7 of 11 products we checked contain gluten
Also on labels as: vanilla ice cream, chocolate ice cream, frozen dairy dessert
Depends on the product

Iced tea
1 of 9 products we checked contains gluten
Also on labels as: ice tea, bottled iced tea, unsweetened iced tea
Depends on the product

Imitation crab
2 of 7 products we checked contain gluten
Also on labels as: surimi, surimi seafood, imitation crab meat
Depends on the product

Instant coffee
1 of 10 products we checked contains gluten
Also on labels as: instant coffee granules, instant coffee crystals, freeze-dried coffee
Depends on the product

Ketchup
Also on labels as: catsup, tomato ketchup, tomato catsup
Depends on the product

Kimchi
Also on labels as: kimchee, napa cabbage kimchi, cabbage kimchi
Depends on the product

Kombucha
Also on labels as: kombucha tea, booch, hard kombucha
Depends on the product

Latkes
Also on labels as: latke, potato latkes, potato pancakes
Depends on the product

Lemon-lime soda
Also on labels as: lemon lime soda, lemon-lime soft drink, lemon lime soft drink
Depends on the product

Lemonade
1 of 7 products we checked contains gluten
Also on labels as: pink lemonade, hard lemonade, bottled lemonade
Depends on the product

Lentils
Also on labels as: lentil, red lentils, green lentils
Depends on the product

Licorice
8 of 13 products we checked contain gluten
Also on labels as: liquorice, black licorice, red licorice
Depends on the product

Margarita
Also on labels as: margaritas, margarita mix, margarita mixer
Depends on the product

Marshmallows
Also on labels as: marshmallow, mini marshmallows, jumbo marshmallows
Depends on the product

Mashed potatoes
1 of 8 products we checked contains gluten
Also on labels as: mashed potato, instant mashed potatoes, potato flakes
Depends on the product

Meatballs
3 of 9 products we checked contain gluten
Also on labels as: meatball, beef meatballs, pork meatballs
Depends on the product

Miso
2 of 8 products we checked contain gluten
Also on labels as: miso paste, white miso, shiro miso
Depends on the product

Modified food starch
Also on labels as: modified starch, food starch modified
Depends on the product

Mozzarella sticks
2 of 5 products we checked contain gluten
Also on labels as: mozzarella stick, cheese sticks, fried mozzarella
Depends on the product

Mustard
1 of 12 products we checked contains gluten
Also on labels as: dijon mustard, dijon, yellow mustard
Depends on the product

Nachos
2 of 8 products we checked contain gluten
Also on labels as: nacho, loaded nachos, nacho chips
Depends on the product

Natural flavors
2 of 5 products we checked contain gluten
Also on labels as: natural flavor, natural flavoring, natural flavorings
Depends on the product

Oat milk
Also on labels as: oatmilk, oat drink, oat base
Depends on the product

Oatmeal
Also on labels as: oats, rolled oats, old fashioned oats
Depends on the product

Oil
Also on labels as: vegetable oil, cooking oil, canola oil
Unknown

Olive oil
Also on labels as: extra virgin olive oil, extra-virgin olive oil, virgin olive oil
Unknown

Onion rings
4 of 5 products we checked contain gluten
Also on labels as: onion ring, battered onion rings, breaded onion rings
Depends on the product

Oolong tea
Also on labels as: oolong, oolong tea bags, loose leaf oolong
Depends on the product

Orange chicken
2 of 5 products we checked contain gluten
Also on labels as: mandarin orange chicken, chinese orange chicken, crispy orange chicken
Depends on the product

Orange juice
Also on labels as: oj, 100% orange juice, orange juice from concentrate
Depends on the product

Orange soda
Also on labels as: orange pop, orange flavored soda, orange soft drink
Depends on the product

Oyster sauce
2 of 8 products we checked contain gluten
Also on labels as: oyster-flavored sauce, oyster flavored sauce, oyster flavoured sauce
Depends on the product

Pad thai
1 of 7 products we checked contains gluten
Also on labels as: pad thai noodles, pad thai sauce, pad thai kit
Depends on the product

Peanut butter
Also on labels as: creamy peanut butter, crunchy peanut butter, natural peanut butter
Depends on the product

Peanut oil
Also on labels as: refined peanut oil, roasted peanut oil, groundnut oil
Unknown

Peppermint bark
1 of 7 products we checked contains gluten
Also on labels as: peppermint bark candy, chocolate peppermint bark, white chocolate peppermint bark
Depends on the product

Pepperoni
Also on labels as: pepperoni slices, turkey pepperoni, uncured pepperoni
Depends on the product

Pesto
Also on labels as: basil pesto, pesto sauce, pesto genovese
Depends on the product

Pho
3 of 7 products we checked contain gluten
Also on labels as: phở, pho noodles, pho noodle soup
Depends on the product

Pickles
1 of 12 products we checked contains gluten
Also on labels as: pickle, dill pickles, kosher dill pickles
Depends on the product

Pineapple soda
Also on labels as: pineapple pop, pineapple flavored soda, pineapple soft drink
Depends on the product

Poke
3 of 10 products we checked contain gluten
Also on labels as: poke bowl, poke bowls, poke sauce
Depends on the product

Potato salad
Also on labels as: deli potato salad, creamy potato salad, red skin potato salad
Depends on the product

Pretzels
4 of 9 products we checked contain gluten
Also on labels as: pretzel, pretzel sticks, pretzel twists
Depends on the product

Protein powder
Also on labels as: whey protein, whey protein powder, whey protein isolate
Depends on the product

Pudding
1 of 10 products we checked contains gluten
Also on labels as: pudding cup, pudding cups, pudding mix
Depends on the product

Pumpkin pie
2 of 7 products we checked contain gluten
Also on labels as: pumpkin pie slice, frozen pumpkin pie, store bought pumpkin pie
Depends on the product

Queso
1 of 9 products we checked contains gluten
Also on labels as: queso dip, salsa con queso, chile con queso
Depends on the product

Ranch dressing
Also on labels as: ranch, ranch dip, ranch dressing mix
Depends on the product

Refried beans
Also on labels as: refried pinto beans, refried black beans, canned refried beans
Depends on the product

Rice cakes
2 of 7 products we checked contain gluten
Also on labels as: rice cake, puffed rice cakes, puffed rice cake
Depends on the product

Rice milk
Also on labels as: ricemilk, rice drink, rice beverage
Depends on the product

Rice vinegar
2 of 8 products we checked contain gluten
Also on labels as: rice wine vinegar, seasoned rice vinegar, sushi vinegar
Depends on the product

Risotto
Also on labels as: risotto rice, arborio rice, mushroom risotto
Depends on the product

Rock candy
Also on labels as: rock sugar, sugar crystals, crystal candy
Unknown

Rooibos tea
Also on labels as: rooibos, rooibos tea bags, redbush tea
Depends on the product

Root beer
Also on labels as: root beer soda, rootbeer
Depends on the product

Rum
Also on labels as: captain morgan, captain morgan rum, captain morgan spiced rum
Depends on the product

Salami
Also on labels as: salame, genoa salami, hard salami
Depends on the product

Salsa
Also on labels as: salsa roja, salsa verde, chunky salsa
Depends on the product

Sausage
2 of 7 products we checked contain gluten
Also on labels as: pork sausage, breakfast sausage, italian sausage
Depends on the product

Shepherd's pie
Also on labels as: shepherds pie, shepherd pie, cottage pie
Depends on the product

Smoothies
3 of 11 products we checked contain gluten
Also on labels as: smoothie, fruit smoothie, green smoothie
Depends on the product

Soba noodles
1 of 4 products we checked contains gluten
Also on labels as: soba, soba noodle, buckwheat noodles
Depends on the product

Soda
Also on labels as: sodas, soda pop, soft drink
Depends on the product

Sodium benzoate
1 of 5 products we checked contains gluten
Also on labels as: benzoate of soda
Unknown

Soup
3 of 8 products we checked contain gluten
Also on labels as: canned soup, condensed soup, cream soup
Depends on the product

Soy lecithin
1 of 5 products we checked contains gluten
Also on labels as: soya lecithin, soybean lecithin, lecithin
Unknown

Soy sauce
3 of 7 products we checked contain gluten
Also on labels as: shoyu, soya sauce, tamari
Depends on the product

Spices
3 of 11 products we checked contain gluten
Also on labels as: spice, herbs and spices, spices and herbs
Depends on the product

Sriracha
1 of 6 products we checked contains gluten
Also on labels as: sriracha sauce, sriracha hot sauce, sriracha hot chili sauce
Depends on the product

Strawberry soda
Also on labels as: strawberry pop, strawberry flavored soda, strawberry soft drink
Depends on the product

Sushi
2 of 6 products we checked contain gluten
Also on labels as: sushi roll, sushi rolls, california roll
Depends on the product

Sweet tea
1 of 7 products we checked contains gluten
Also on labels as: sweet iced tea, sweetened tea, sweetened iced tea
Depends on the product

Taco seasoning
2 of 9 products we checked contain gluten
Also on labels as: taco seasoning mix, taco seasoning packet, taco seasoning packets
Depends on the product

Tahini
Also on labels as: tahina, tahin, sesame paste
Depends on the product

Tater tots
Also on labels as: tater tot, tots, potato tots
Depends on the product

Tea
2 of 10 products we checked contain gluten
Also on labels as: tea bags, black tea, tea leaves
Depends on the product

Tempura
3 of 6 products we checked contain gluten
Also on labels as: tempura batter, tempura batter mix, tempura mix
Depends on the product

Tequila
Also on labels as: blanco tequila, silver tequila, reposado tequila
Depends on the product

Teriyaki sauce
3 of 6 products we checked contain gluten
Also on labels as: teriyaki, teriyaki marinade, teriyaki glaze
Depends on the product

Tofu
1 of 8 products we checked contains gluten
Also on labels as: bean curd, soybean curd, silken tofu
Depends on the product

Tortilla chips
Also on labels as: tortilla chip, corn tortilla chips, restaurant style tortilla chips
Depends on the product

Tortillas
3 of 8 products we checked contain gluten
Also on labels as: tortilla, flour tortilla, flour tortillas
Depends on the product

- **Tuna salad**
  5 of 12 products we checked contain gluten
  Also on labels as: tuna fish, canned tuna, tuna in water
  Depends on the product
- **Vodka**
  Also on labels as: tito's vodka, titos vodka, tito's handmade vodka
  Depends on the product
- **Wheat starch**
  3 of 5 products we checked contain gluten
  Also on labels as: modified wheat starch, gluten-free wheat starch, modified food starch (wheat)
  Depends on the product
- **White tea**
  Also on labels as: white tea bags, loose leaf white tea, silver needle
  Depends on the product
- **Yogurt**
  2 of 9 products we checked contain gluten
  Also on labels as: yoghurt, greek yogurt, skyr
  Depends on the product
- **Vanilla extract**
  Also on labels as: pure vanilla extract, imitation vanilla, imitation vanilla extract
  Depends on the product
- **Walnut oil**
  Also on labels as: roasted walnut oil, refined walnut oil, expeller pressed walnut oil
  Unknown
- **Whipped cream**
  Also on labels as: whipped topping, whipping cream, heavy whipping cream
  Depends on the product
- **Worcestershire sauce**
  Also on labels as: worcestershire, worchester sauce, worcester sauce
  Depends on the product
- **Vinegar**
  1 of 8 products we checked contains gluten
  Also on labels as: vinegars, white vinegar, distilled vinegar
  Depends on the product
- **Wasabi**
  1 of 7 products we checked contains gluten
  Also on labels as: wasabi paste, wasabi powder, wasabi sauce
  Depends on the product
- **Whiskey**
  Also on labels as: whisky, rye whiskey, tennessee whiskey
  Depends on the product
- **Yeast extract**
  Also on labels as: yeast extracts, autolyzed yeast extract
  Depends on the product

These verdicts report what each source said on the dates shown. Recipes and factories change, so read the label on the package you are holding. If you have celiac disease, your doctor’s advice comes before any website. Spotted an error? Tell us (at glutenlookup.com/corrections/): we log every correction publicly.