

Avoid foods with the following ingredients:

1. all purpose flour
2. bleached flour
3. bran
4. bread crumbs
5. breakfast cereals (various types)
6. bulgar
7. cornstarch
8. couscous
9. durum wheat
10. enriched flour
11. farina
12. gelatinized starch (or pre gelatinized)
13. gluten
14. graham flour
15. hard durum flour
16. high gluten flour
17. hydrolyzed vegetable protein
18. kamut
19. miller's bran
20. modified food starch
21. modified starch
22. MSG (monosodium glutamate)
23. vegetable gum or starch
24. semolina
25. spelt
26. vital gluten
27. wheat bran, flour, germ, gluten, starch
28. whole wheat or whole wheat flour