

THE HIDDEN-GLUTEN WATCHLIST

PRINTABLE

Label-reading for coeliacs · EN / DE / IT ·
howtoglutenfree.com

LAYER 1 — THE FIFTEEN FORBIDDEN NAMES (NEVER IN THE INGREDIENT LIST)

ENGLISH LABELS	GERMAN LABELS	ITALIAN LABELS
1 Gluten (as a listed ingredient)	Gluten	glutine
2 Wheat & wheat starch*	Weizen & Weizenstärke	frumento & amido di frumento
3 Barley, barley malt & malt extract	Gerste, Gerstenmalz(-extrakt)	orzo, malto d'orzo
4 Rye	Roggen	segale
5 Oats (certified GF = the exception**)	Hafer	avena
6 Spelt	Dinkel	farro spelta
7 Green spelt	Grünkern	Grünkern (grano verde)
8 Einkorn	Einkorn	monococco
9 Khorasan (Kamut®)	Kamut	Kamut / grano khorasan
10 Bulgur	Bulgur	bulgur
11 Emmer	Emmer	farro dicocco
12 Triticale	Triticale	triticale
13 Wheat protein (incl. hydrolysed)	Weizeneiweiß	proteine di frumento
14 Wheat gluten	Weizenkleber	glutine di frumento
15 Seitan (= concentrated wheat gluten)	Seitan	seitan

Aliases count: durum · semolina · farina · couscous · freekeh · pearl barley (Graupen) · malt flavouring · "malted" anything. **Brackets count too:** these names are forbidden even inside () or [] after "flavourings"/"spices" — read to the closing bracket. *Specially processed GF wheat starch in certified products is the regulated exception (EU 828/2014). **Certified GF oats only; some coeliacs also react to oat avenin — ask your dietitian.

LAYER 2 — NAMES THAT OFTEN CARRY GLUTEN (READ THE WHOLE LABEL)

Malt costumes: malt vinegar, malted milk, malt flavouring.

Brewer's yeast: EU label with no barley named = clean; US label — needs provenance.

Soy sauce: usually wheat-brewed; tamari often not — read the bottle. Kecap manis too.

Unnamed "starch": EU — a gluten cereal would have to be named; US — wheat must be declared, imports vary.

Breadcrumb aliases: panko, rusk (sausages!), gratin toppings, crispy

coating.

Noodle near-misses: soba (often wheat-blended), udon, orzo, couscous.

Blends & bouillon: EU — read the list; US — malt can hide unnamed.

Also: liquorice · communion wafers · wheat/barley grass powders · play-dough & classroom paints · some medications (ask the pharmacist).

LAYER 3 — EU GREEN FLAGS (FINE DESPITE THE SCARY NAME)

✔ wheat-based glucose syrup & dextrose · ✔ wheat-based maltodextrin · ✔ barley-based glucose syrup · ✔ distilled spirits from gluten grains (additions after distillation reopen the question) — all formally exempt on EU labels (Reg. 1169/2011 Annex II). And "gluten-free"/"glutenfrei"/"senza glutine" is law: ≤ 20 mg/kg (EU 828/2014; same 20 ppm bar as the US FDA rule). **US trap:** only wheat must be declared — barley & rye (malt!) can appear with no allergen warning.

THE THREE-BOX HABIT — FILE EVERY INGREDIENT

✔ NATURALLY GF

Rice, corn, potatoes, legumes, plain meat & fish, eggs, fruit, veg, plain dairy. Whole grains & pulses: rinse and sort — they share harvests with wheat.

🔍 READ THE LABEL

Anything processed, sauced, seasoned or shaped — the whole of Layer 2. On EU labels the cereal must be named; trust the list, not the front of the pack.

♥ NEEDS CERTIFIED

EU: the contamination cases — oats, grass powders, shared-mill flours. **US:** also uncertified blends & unnamed starches (barley/rye can hide). Certification = an audited ≤20 ppm answer.

HOW TO GLUTEN FREE

howtoglutenfree.com/hidden-gluten-ingredients-list — full article & the Flour Library
The fifteen: the canon popularised by Zöliakie Austausch ·
zoeliakie-austausch.de

EU 1169/2011 Annex II · EU 828/2014
FDA 21 CFR 101.91 · verified 27.08.2026