

Appendix 2

Food group	Foods that DO CONTAIN gluten - <i>Avoid these!</i>
Flour	Wheat, rye, barley, bulgar wheat, spelt, durum wheat, triticale, khorasan wheat (Kamut®), wheat flour, wheat starch, wheat bran, oat bran, semolina, couscous, malt and malted barley, bale, Einkorn*.
Cereals	Wheat-based breakfast cereals and muesli.
Breads, cakes & biscuits	All bread and bread products made from wheat, barley or rye - e.g. croissants, bagels, pitta bread, chapatti, naan bread, crispbreads, crackers, matzos, muffins, scones, croutons, pancakes, pizza, Yorkshire puddings, wafers and ice cream cones, pastries and pies.
Pasta, rice & noodles	Any fresh, dried or tinned pasta, and noodles (apart from some rice noodles). Processed rice found in salads or ready meals.
Potatoes	Processed potatoes e.g. potato salad, waffles, some chips, instant mash, crisps or potato snacks.
Meat, fish & poultry	Some processed meats or products coated in batter or breadcrumbs. Pies, puddings, suet, stuffing, fish fingers, chicken nuggets, fishcakes, sausages, burgers, haggis, faggots*, taramasalata, and rissoles.
Milk, dairy, eggs & dairy alternatives	Check the labels of processed cheese, low-fat cheese spreads, artificial cream, yoghurts and some ice creams. Yoghurts containing muesli or cereals. Scotch eggs.
Fats & oils	Suet, low-fat spreads.
Fruit, vegetables, nuts & pulses	Processed fruit and vegetables that are coated in breadcrumbs/or in sauces. Some brands of nuts. Pearl barley.
Desserts & puddings	Trifles, sponge puddings, semolina, tarts, and puddings made from flours in the 'foods to avoid' list.
Snack foods	Pretzels, Bombay mix, snacks made from flours in the 'foods to avoid' list.
Confectionary, sweets & preserves	Some chocolate bars, toffees and sweets (always check labels).
Soups, sauces & seasonings	Packet soups and sauces, gravies, soy sauce, ketchups, mayonnaise, salad dressings, pickles and chutneys, stuffing and stuffing mixes, stock cubes, bouillon, Worcestershire sauce. (Some brands may be gluten-free – always check labels).
Drinks & alcohol	Barley drinks or squashes, cloudy fizzy drinks (check labels), malted milk drinks, instant vending machine drinks, some milkshakes and sports drinks, beer, lager, stout, ale.
Other	Baking powder, some medicines and vitamins.