



## "American Celiac Society" Dietary Support Coalition - Additives

*READ LABELS CAREFULLY ON ALL PRODUCTS. POSSIBLE SOURCES OF GLUTEN IN COMMERCIAL FOODS ARE EMULSIFIERS, STABILIZERS, CEREAL ADDITIVES, HYDROLYZED VEGETABLE PROTEIN, MALT, MALT FLAVORING, FOOD STARCHES, VEGETABLE GUM, AND VINEGAR. QUESTIONABLE PRODUCTS SHOULD BE VERIFIED THROUGH THE MANUFACTURER.*

### ANNATTO COLOR

Ethyl alcohol and/or caramel color can be present in annatto color and is not declared. People with Celiac should consider avoiding this ingredient.

### CARAMEL COLOR

The problem with caramel color is that it could contain gluten depending on how it is manufactured.

The FDA standard of identity defined in 21CFR CH.1. States: The color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates:

1. Dextrose (corn sugar)
2. Invert sugar
3. Lactose (milk sugar)
4. Malt syrup (usually from barley malt)
5. Starch Hydrolysates and fractions thereof (can include wheat)
6. Sucrose (cane or beet)
7. In addition, listed acids, alkalis and salts may be used to assist caramelized.

Those with Celiac should avoid this item unless they are sure of how it was manufactured.

### HYDROLYZED VEGETABLE PROTEIN (HVP) OR HYDROLYZED PLANT PROTEIN (HPP)

*Avoid-* Products are usually made from wheat or wheat mixed with corn or soy.

*Allowed:* If made from corn or soy only.

### MALT OR MALT FLAVORING

*Avoid:* Products are usually made from barley malt or syrup.

*Allowed:* If made from corn.

### MALTODEXTRINS

From FDA. Washington, D.C. -- November 2, 1988. The Merick Index, Tenth Edition, states that Maltose Dextrin is maltose and dextrin obtained by enzymic action of barley malt or corn flour.

Spray dried hydrolyzed carbohydrates made from corn starch. In its natural state, corn starch is not soluble in water. Maltrin Grain Processing Corp. of Miscantine, IA 52761, using milk conversion techniques produces a full range of starch hydrolyzates from which the maltrins are made.

The FDA has not defined a standard of identity for this product and should be avoided unless you know how it was manufactured.

#### MODIFIED FOOD STARCH OR MODIFIED STARCH

*Avoid:* If made from wheat starch.

*Allowed:* If made from corn or if made from arrowroot, potato tapioca or maize.

#### MONOSODIUM GLUTAMATE (MSG)

Monosodium glutamate is the sodium salt of glutamic acid, an amino acid present in virtually all proteins, including meats, vegetables, poultry, cheese, cow's milk, and human milk.

The process for producing MSG imported from some parts of world cannot be confirmed. MSG could be produced from wheat gluten in those areas.

It is therefore recommended that Celiac- Sprue patients exercise caution in using this ingredient.

#### VEGETABLE GUMS

*Avoid:* If from oat gum.

*Allowed:* If from carob bean, guar gum, gum arabic, gum acacia, locust bean, cellulose gum, gum tragacanth, or xanthan gum.

#### VINEGAR

*Avoid:* Distilled white vinegar made from prohibited barley grains.

*Allowed:* cider vinegar, rice vinegar, wine vinegar.

#### WHEAT STARCH

Wheat starch and gliadin protein are in intimate connection to the wheat endosperm, therefore freeing wheat starch from gliadin is very difficult. Although some companies claim to have successfully removed the gliadin from the wheat grain, we strongly recommend that wheat starch be avoided.

#### SPELT

On the grain chart genus classification Triticum which is the same as a wheat grain. We strongly recommend that this grain should be avoided.

#### KAMUT

On the grain chart genus classification Triticum which is the same as a wheat grain. We strongly recommend that this grain should be avoided.

#### MILLET

On the grain chart, listed genus classification is Pennisetum. Research on this grain has been conflicting if this is acceptable for gluten intolerance. We would therefore recommend that other less questionable grains be used.