

GLUTEN CONTAINING GRAINS

- Barley
- Brewer's Yeast
- Malt (e.g. malted barley flour, malted milk, malt extract, malt syrup, malt flavoring, malt vinegar)
- Rye
- Triticale
- Wheat
- Varieties and derivatives of wheat (e.g. bourghal, durum, emmer, einkorn wheat, farina, farro, graham, kamut/khorasan wheat, semolina, spelt, wheat starch)

GLUTEN-FREE GRAINS

- Arrowroot
- Amaranth
- Beans
- Buckwheat groats (also known as kasha)
- Cassava
- Chia
- Corn (maize)
- Flax
- Millet
- Nut flours
- Potato
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff
- Yucca