



**UVA Nutrition Services**

**UVA Digestive  
Health Center**

**Common Food Additives that are Gluten Free**

Acetic acid  
Adipic acid  
Alkali processed cocoa  
Annatto  
Ascorbic acid  
Aspartame  
Baker's yeast  
Beet extract  
BHA  
BHT  
Beta carotene  
Biotin  
Calcium phosphate  
Calcium chloride  
Calcium pantothenate  
Calcium sulfite  
Carboxymethylcellulose (Cellulose gum)  
Carmel coloring  
Carob bean gum  
Carrageenan  
Citric acid  
Corn sweetener  
Corn syrup solids  
Cream of tartar  
Demineralized whey  
Dextrimaltose  
Dextrose  
Dioctyl sodium sulfosuccinate  
Extracts  
FD&C yellow #5  
Folic acid, folacin, folate  
Fructose  
Fumaric acid  
Gelatin  
Glycerin  
Glucose  
Grape seed extract  
Gums: Acacia, Agar, Arabic, Carageenan, Carob  
bean, Cellulose, Guar, Karaya, Locust  
bean, Pectin, Tragacanth, and Xanthan  
Invert sugar without additives  
Hydroxypropyl methylcellulose  
Lactic acid  
Lactose  
Lecithin  
Locust bean gum

Magnesium hydroxide  
Malic acid  
Maltitol  
Maltose  
Maltodextrins  
Maltose  
Mannitol (can cause diarrhea in some)  
Microcrystalline cellulose  
Modified food starch (except wheat starch)  
Mono- & Di-glycerides  
Monosodium glutamate (MSG)  
Niacin or niacinamide  
Nutritional yeast  
Palmitate  
Polyglycerol/esters  
Polysorbate 60 and 80  
Potassium citrate  
Potassium iodide (not in DH patients)  
Propylene glycol monostearate  
Propylgallate  
Psyllium  
Pyridoxine, pyridoxine hydrochloride  
Riboflavin  
Sodium acid pyrophosphate  
Sodium ascorbate - Ascorbic acid  
Sodium benzoate  
Sodium carboxymethylcellulose  
Sodium caseinate  
Sodium citrate  
Sodium hexametaphosphate  
Sodium nitrate  
Sodium saccharin  
Sodium silico aluminate  
Sorbitol (can cause diarrhea in big doses)  
Sucrose  
Sulfosuccinate  
Tartaric acid  
Thiamine hydrochloride  
Tragacanth  
Turmeric  
Tri-calcium phosphate  
Vanillin  
Vitamins & Minerals (in foods, not tablets)  
Vitamin A  
Xanthan  
Xylitol

