

The mission of the University of Chicago Celiac Disease Center is to raise diagnosis rates for celiac disease and meet the critical needs of people with the condition, through education, research, and advocacy.

# WHAT TO KNOW

## What is Gluten?

Gluten is a protein found in **wheat, barley and rye**.

### GLUTEN-CONTAINING GRAINS & INGREDIENTS

Wheat	Rye	Kamut
Wheat bran	Semolina	Faro
Wheat starch	Brewer's yeast	Seitan
Wheat germ	Durum	Hydrolyzed wheat protein
Wheat flour	Oats ( <i>not labeled gluten free</i> )	Einkorn
Malt/malt flavor	Bulgar	Triticale
Malt extract	Spelt	Filler
Barley/barley malt	Graham flour	Emmer
Couscous	Matzo	Farina

**Whether you are newly diagnosed or have been living with celiac disease for decades, education is key to staying healthy and enjoying a high quality of life.** At The Celiac Disease Center, one of our goals is to provide information that makes following a gluten-free diet as easy as possible.

If you have any questions, please reach out. Your care team is only a phone call away.



AT THE FOREFRONT

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[cureceliacdisease.org](http://cureceliacdisease.org)

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