



Ingredients and food products that are either suitable or unsuitable for a gluten-free diet

Ingredient/food product	Suitable/unsuitable for a gluten-free diet	Description
Agar	YES	Gelling agent made of seaweed.
Alcoholic drinks	YES	Vodkas, whiskies, cognacs, brandies, rums, liqueurs, bitters, wines, ciders and long drinks are gluten-free. Note, see beer.
Amaranth	YES	A grain-like herb from Middle America, which is used in the same way as millet.
Apple fibre	YES	Fibre supplement made from dried apple.
Aroma (wheat)	YES	An industrial flavouring produced through a process that utilises wheat starch. The end product does not contain gluten.
Arrowroot powder	YES	Starch flour made from the roots of a tropical plant. It is used to thicken sauces.
Barley grass	YES	The green part that has sprouted from a barley seed – uses the seed's protein to grow.
Barley grass juice	YES	Drink made from the green part that has sprouted from a barley seed. The juice is gluten-free if no seeds have been introduced into the mix when making the juice.
Barley protein	NO	The protein part of a barley seed.
Barley starch Ohrakas®	NO	Starch industrially made from barley.
Beer (regular)	NO	Fermented from malt, which means that the end product contains gluten. Despite their name, maize and rice beers contain malt.
Beer (gluten-free)	YES	Some Finnish beers and beers made from gluten-free ingredients are suitable for coeliacs.
Beer yeast	YES	Inactive yeast cells. Gluten-free
Blood sausage and Finnish sausages laukkamakkara, ryynimakkara and mustamakkara	NO	Blood sausage and ryynimakkara contain gluten (barley or rye). Laukkamakkara may contain groats with gluten. See mustamakkara.
Bread crumbs (regular)	NO	Powder ground from dried bread. Regular bread crumbs contain gluten.
Bread crumbs (gluten-free)	YES	Bread crumbs made from gluten-free grains.
Breaded ham	NO	Cold cut with breading that normally contains gluten.
Bulgur	NO	Crushed wheat groats that are used like rice.
Carob powder	YES	Powder made from the fruits of a carob tree. Tastes relatively sweet and can be used like cocoa.
Carob seed powder	YES	Thickener and stabiliser made from the seeds of the carob tree.
Carrageenan	YES	Additive made from red seaweeds.

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Cassava	YES	Also known as manioc and yuca – a tropical plant with a tuberous root that is ground into starch flour, tapioca, which is used as a thickener.
Chia seeds	YES	Seeds of the chia mint plant.
Communion wafer (regular)	NO	Usually made from wheat flour and water.
Communion wafer (gluten-free)	YES	Communion wafer made from gluten-free ingredients.
Coconut flakes	YES	Dried coconut pulp in flake form.
Corn Flakes (regular)	NO	Maize flakes. Often seasoned with barley malt extract.
Corn Flakes (gluten-free)	YES	Maize flakes. Breakfast cereal suitable for daily use – features the label for a gluten-free product, has been listed as a gluten-free product, does not contain barley malt extract or has been included in the list of products suitable for coeliacs.
Couscous	NO	Rough semolina made from wheat.
Dextrin	YES	Degradation product of starch – for example, wheat starch.
Dextrose	YES	Form of glucose, i.e. grape sugar. Degradation product of potato, maize and wheat starch.
Durum wheat	NO	Wheat species that is often used in pasta products.
Dry goods marked with "may contain"	NO	Refers to dry goods, such as grain flakes, semolina and flours.
Emmer wheat	NO	Form of spelt, closely related to Durum wheat.
Flaxseed and ground flaxseed	YES	Seeds of the flax plant. Rich in fibre, used in pastries, for example.
Freekeh wheat	NO	Unripe wheat grain that has been harvested young and green.
Fructose	YES	Fruit sugar, which is naturally contained in fruits and berries in abundance.
Galacto oligosaccharide	YES	Carbohydrate derived from milk.
Gelatine	YES	Gelling agent made from protein in the connective tissue of animals.
Glucose syrup, glucose-fructose syrup	YES	Starch sweetener that can be made from wheat or barley.
Glutaminic acid = glutamate	YES	Flavour enhancer.
Guarem granules	YES	Guar gum granules that can be used to increase the fibre content of your diet.
Guar gum	YES	Additive, stabiliser and thickener used from the seeds of the guar plant.
HP Sauce	NO	Seasoning sauce that contains rye flour.
Hummus	YES	Paste made from chickpeas, garlic, chilli and various seasonings – used in Middle Eastern countries.
Hydrolysed wheat protein/ gluten	YES	Protein that has been hydrolysed, i.e. split into amino acids.

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Hydroxypropyl distarch phosphate	YES	Modified starch made primarily from potato, wheat, maize and rice. Used as a stabilising and thickening agent. The origin must be listed if the product is made of wheat, barley or rye.
Inulin	YES	Indigestible plant-based carbohydrate.
Jytte flour	YES	Naturally gluten-free and fibre-rich flour mixture.
Kamut wheat	NO	Species of wheat.
Liquorice extract, liquorice powder, liquorice oil and raw liquorice	YES	Flavouring with a liquorice taste.
Liquorice sweets (regular)	NO	Made from the root of the liquorice plant and wheat flour, among other ingredients.
Liquorice sweets (gluten-free)	YES	Made from the root of the liquorice plant and gluten-free flour, among other ingredients.
Low-alcohol beer	NO	Drink fermented from malt.
Lupin	YES	Food plant related to soy, pea, bean, lentil and peanut. Used particularly in bakery products.
Lutein	YES	Natural pigment in fruits and vegetables.
Maize starch	YES	Carbohydrate-rich ingredient derived from maize grain, which is used to thicken sauces, for example.
Malt	NO	Usually germinated barley or rye grains.
Malt extract and powder	NO	Flavour enhancers from barley; varying gluten content.
Maltitol	YES	Sweetener, sugar alcohol.
Malt syrup	YES	Made from barley
Malt vinegar	YES	Sour liquid made from barley malt.
Maltodextrin	YES	Hydrolised maize or barley starch.
Maltose	YES	Malt sugar.
Manioc	YES	Starch plant from the tropical part of America. The root is used to make tapioca pudding.
Meringue	YES	Pastry or topping made from egg white and sugar.
Millet	YES	Naturally gluten-free grain. A suitable alternative for rice and buckwheat.
Miso (with gluten-containing ingredients)	NO	Seasoning paste used in Eastern cuisine, which is made from various types of grain. May contain gluten. Always check the list of ingredients!
Miso (with no gluten-containing ingredients)	YES	Seasoning paste used in eastern cuisine, which is made from various types of grain. Always check the list of ingredients!
Modified starch	YES	Made from modified starch separated from potato, maize, rice and wheat, for example.
Molasses	YES	By-product of sugar production.
Monosodium glutamate	YES	Flavour enhancer.
Muesli (regular)	NO	Breakfast and snack food that includes gluten-containing grains.

Ingredient/food product	Suitable/ unsuitable for a gluten-free diet	Description
Muesli (gluten-free)	YES	Breakfast and snack food that includes gluten-free grains.
Mustamakkara sausage (regular)	NO	Blood sausage made using ground rye and rye flour.
Mustamakkara sausage (gluten-free)	YES	Blood sausage made using gluten-free grain, such as rice.
Mustard (with gluten-containing ingredients)	NO	May contain wheat flour as an ingredient. Check the list of ingredients!
Mustard (with no gluten-containing ingredients)	YES	Almost all mustards sold in grocery shops are gluten-free. Check the list of ingredients!
Mustard powder	YES	Ground mustard seed.
Mämmi (regular)	NO	Traditional Finnish Easter food, made using malt and rye flour.
Mämmi (gluten-free)	YES	Traditional Finnish Easter food, made using gluten-free flour.
Noodle	NO	String-like pasta product normally made from wheat. See rice noodle.
Oat fibre	YES	Shell of the oat grain, which does not contain protein. Normally used to improve consistency.
Oat kernel extract	YES	Made from the kernel of oat grain.
Oligofructose	YES	Soluble fibre extracted from chicory or Jerusalem artichoke.
Pectin	YES	Gelling substance found naturally in fruits and berries. Also used as an additive in jams and marmalades.
Polenta	YES	Thick porridge made from maize groats. The name polenta can also be used to refer to maize groats.
Polydextrose	YES	Thickening and filling agent made from glucose.
Potato fibre	YES	Powder made from dried potato.
Potato flakes	YES	Cooked, mashed, dried and ground potato.
Potato flour	YES	Starch made from potato.
Potato granules	YES	Granules made from potato starch.
Protein hydrolysate	YES	Flavour enhancer.
Psyllium	YES	Plantain seed shell; used in baking.
Quinoa	YES	Grain crop whose seeds are used in the same manner as rice.
Quorn™, with malt extract	NO	A mycoprotein (fungal protein) replacement for meat – in cube or crushed form, for example.
Quorn™, no malt extract	YES	A mycoprotein (fungal protein) replacement for meat – in cube or crushed form, for example.
Rice cereal (regular)	NO	Referring to Rice Krispies. Often seasoned with barley malt extract.
Rice cereal (gluten free)	YES	Referring to Rice Krispies. Breakfast cereal suitable for daily use – features the label for a gluten-free product, has been listed as a gluten-free product, does not contain barley malt extract or has been included in the list of products suitable for coeliacs.
Rice noodle	YES	String-like pasta product made from rice.

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Sago	YES	Starchy powder or granules made from the core of the Sago palm tree.
Sahti beer	NO	Beer-like drink made from barley and rye malt using traditional methods.
Salty liquorice	YES	Ammonium chloride.
Salty liquorice sweets (with gluten-containing ingredients)	NO	May contain wheat. Check the list of ingredients!
Salty liquorice sweets (with no gluten-containing ingredients)	YES	Sweets that do not contain wheat as an ingredient. Check the list of ingredients!
Sausage (with gluten-containing ingredients)	NO	Some sausages contain ingredients with gluten in them. Always check the list of ingredients!
Sausage (with no gluten-containing ingredients)	YES	The most common Finnish frankfurters, grilled sausages and coarse sausages are primarily gluten-free. Always check the list of ingredients!
Seitan	NO	Meat-like foodstuff made from wheat gluten.
Semolina	NO	Coarse middlings of durum wheat. May also refer to coarse middlings of other wheat varieties.
Sorghum	YES	Also known as durra – herb cultivated in Central Africa, which is similar to maize in appearance.
Soy flour	YES	Soy bean flour used for baking, for example.
Soy lecithin	YES	Soy-based emulsifying agent.
Soy sauce	YES	Seasoning sauce made from soy beans, water and salt. Usually contains wheat but the gluten is degraded in the fermentation process.
Soy sauce powder	YES	Made by drying soy sauce.
Spelt	NO	Species of wheat also called dinkel wheat and hulled wheat.
Starch syrup	YES	Shaping and filling agent; any possible gluten is eliminated during the production.
Stock cubes, casserole mixes and sauce mixes marked with "may contain"	NO	Stock cubes, casserole mixes and sauce mixes are not suitable for use by professional kitchens.
Sugar beet flakes	YES	Fibre-rich flakes that are suitable for baking, meat loafs and muesli, for example.
Sunflower seeds	YES	Shelled seeds used as is or roasted.
Surimi	YES	Made from fish or meat paste compacted into a shape and seasoned to serve as a new food product. May contain wheat starch as a main ingredient.
Sweet potato	YES	A South American plant whose starchy tubers are more oblong and larger than potatoes. It is normally used like potato, but can also be made into flour.

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Sweets and crisps marked with "may contain"	YES	Coeliacs, too, can enjoy treats carrying the "may contain" marking, such as sweets and crisps, on occasion or in small daily amounts (for example, 2–3 pieces of chocolate a day).
Talkkuna flour mixture (regular)	NO	Traditionally made from barley, oat, pea or a mixture thereof, in which case the flour contains gluten.
Talkkuna flour mixture (gluten-free)	YES	Talkkuna flour made from buckwheat or gluten-free oats.
Tapioca	YES	Tropical plant whose tuberous root contains starch used as a thickener.
Taro	YES	Starchy plant from the tropical regions; the tuberous root is used for food.
Tea (with gluten-containing ingredients)	NO	Some tea types may contain barley/barley malt or other gluten-containing ingredients.
Tea (with no gluten-containing ingredients)	YES	A drink that includes gluten-containing ingredients.
Teff	YES	African herb whose seeds are used to make flour; also cultivated in the United States.
Teriyaki sauce	YES	Seasoning sauce usually made from soy sauce, rice wine vinegar and various seasonings. The soy sauce may contain wheat but the gluten has degraded during the fermentation process.
Thickeners	YES	Used to improve consistency – gelatine, pectin and vegetable gum, for example.
Tofu	YES	Soy curd made from soy beans through a process of compression.
Trehalose	YES	Fungal sugar.
Triticale	NO	Triticale is a cultivated plant that is a hybrid of wheat and rye.
Vegetable fibre	YES	Normally used to improve consistency. Often fibre from potatoes, wheat, sugar beets, cotton seeds, oats or peas.
Vinegar	YES	White vinegar. Sour liquid made by fermenting spirits (barley as the raw ingredient) or synthetically by diluting acetic acid. Also see wine vinegar.
Wheat and maize sorbitol	YES	Additive, sweetener.
Wheat bran	NO	Made from the outer layers of a wheat grain. It cannot be guaranteed that the product is free of gluten from the kernel.
Wheat fibre	YES	Part of the wheat grain shell that does not contain protein. Normally used to improve consistency.
Wheat germ	NO	Made from the germ portion of the wheat grain.
Wheat germ oil	YES	Made by compressing the fat of wheat germs.
Wheat gluten	NO	Gluten is a substance formed by the storage proteins of wheat, barley and rye – i.e. gliadin and glutenin. Forms the firm consistency of the dough.
Wheat grass	YES	The green part that has sprouted from a wheat seed – uses the seed's protein for growth.

Ingredient/food product	Suitable/ unsuitable for a gluten-free diet	Description
Wheat grass juice	YES	The juice is gluten-free if no seeds have been introduced into the mix when making the juice.
Wheat grass powder	YES	The green part that has sprouted from a wheat seed in ground form – sprout uses the seed's protein for growth.
Wheat protein	NO	Used in processed foods in the manner of milk and soy protein, for example.
Wheat protein hydrolysate	YES	Flavour enhancer.
Wheat starch in conventional foodstuffs	YES	Conventional treats and other food products that contain wheat starch are suitable for most coeliacs.
Wheat starch in special diet products.	YES	Special diet products that contain wheat starch but are marked as having no or very little gluten are safe for coeliacs. Wheat starch is specially processed to reduce gluten content.
Wine vinegar	YES	Sour liquid made from grapes, apples, rice, millet and sorghum through a process of fermentation.
Worcester sauce	YES	A strong-tasting sauce made through fermentation.
Xanthan	YES	Gelling agent made from sugar syrup. Improves dough consistency in gluten-free baking.
Yam	YES	Starchy plant from the tropical areas, whose corm is used for baking or in similar ways as potato.
Yeast extract (wheat, barley etc.)	YES	Flavour enhancer that may have been manufactured using gluten-containing grain in the process. The end product is gluten-free.
Yoghurt (with gluten-containing ingredients)	NO	Some yoghurts may contain wheat germs, grain or muesli.
Yoghurt (with no gluten-containing ingredients)	YES	Sour milk product.