

# Dietary Avoidance List: Gluten



**Current at December 2021 - Nestlé New Zealand Limited.**

The following list of products:

- do not contain ingredients containing gluten, namely wheat, oats, rye, barley and spelt and/or;
- do not have ingredients derived from these cereals and have not been processed on equipment containing these ingredients and/or;
- may contain glucose syrup made from wheat starch that has been subject to a refining process reducing gluten protein to less than 20mg/kg and in accordance with Standard 1.2.3 of Food Standards Code does not need to be labelled as from wheat and;
- applies to products manufactured for the Australian market (identifiable by Nestlé New Zealand Consumer Services details on pack)
- Products identified in [blue](#) carry a “gluten free” claim (these products have been tested and contain no detectable gluten).

This information is correct at date of issue and may be subject to change.

**Always check the product ingredient list on the label before consuming a product.**

## **Baking Products**

*Nestlé Baker's Choice Baking Cocoa*

*Nestlé Baker's Choice Choc Bits – White, Milk, Dark, Gold*

*Nestlé Baker's Choice Melts - White, Milk, Dark, Gold*

## **Beverages**

*Nesquik – Chocolate, Strawberry*

*Nestlé Coffee-mate – All*

*Nestlé Coffee & Milk*

*Nestlé Aero Hot Choc*

*Milkybar Hot Choc*

*Nestlé Quality Street Hot Choc*

*Nestlé Scorched Almond Hot Choc*

## **Coffee**

*International Roast Coffee*

*Nescafé Classic Instant Coffee - including Fine Blend, Espresso & Decaf*

*Nescafé Gold Instant Coffee – Original, Intense, Smooth, Decaf, Short Black & Rich*

*Nescafé Coffee Mixes (sachets) - (excludes the Nescafé Gold Plant Based Lattes range)*

*Nescafé Cans – Mocha, Flat White & Espresso*

*Nescafé Dolce Gusto - All*

*Nescafé Farmers Origins – All*

*Starbucks at Home – All*

## **Confectionery**

[Allen's Bites Mini Chocolate Bananas](#)

[Allen's Bites Mini Chocolate Black Cats](#)

[Allen's Bites Mini Chocolate Raspberries](#)

[Allen's Bites Mini White Choc Raspberries](#)

*Allen's Freckles*

### **Dairy**

*Carnation Creamy Evaporated Milk*

*Carnation Light & Creamy Evaporated Milk*

*Carnation Lite Cooking Cream*

*Nestlé Caramel Dulce de Leche Squeezy*

*Nestlé Reduced Cream*

*Nestlé Sweetened Condensed Milk - Tube & Squeezy*

*Highlander Caramel*

*Highlander Sweetened Condensed Milk*

### **Foods – Recipe Mixes**

[\*Maggi Country Roast & Rosemary Gravy\*](#)

[\*Maggi Gluten Free Chicken Gravy\*](#)

*Maggi Recipe Base – Apricot Chicken*

*Maggi Recipe Base – Butter Chicken*

[\*Maggi Recipe Base – Chicken Chasseur\*](#)

*Maggi Recipe Base – Cheesy Fish Pie*

*Maggi Recipe Base – Cheesy Lasagne*

[\*Maggi Recipe Base - Chilli Con Carne\*](#)

*Maggi Recipe Base – Classic Beef Hotpot*

[\*Maggi Recipe Base – Cottage Pie\*](#)

*Maggi Recipe Base – Creamy Carbonara*

*Maggi Recipe Base – Creamy Chicken*

[\*Maggi Recipe Base - Devilled Sausages\*](#)

[\*Maggi Recipe Base - Lamb Ragout\*](#)

[\*Maggi Recipe Base – Mexican Nachos\*](#)

*Maggi Recipe Base – Smoky Paprika Burrito*

*Maggi Recipe Base – Spaghetti Bolognese*

[\*Maggi Side Dish – Cheese & Bacon Potato Bake\*](#)

[\*Maggi Side Dish - Creamy Cheese & Garlic Potato Bake\*](#)

[\*Maggi Side Dish - Herb Potatoes\*](#)

[\*Maggi Side Dish - Sour Cream & Chives Flavoured Potato Bake\*](#)

[\*Maggi Side Dish - Three Cheese Flavoured Potato Bake\*](#)

*Maggi Slow Cooker – Creamy Chicken Curry*

### **Healthcare Nutrition**

*Optifast VLCD Desserts - All*

*Optifast VLCD Shakes - All*

*Optifast VLCD Soups - All*

*Sustagen Everyday – Dutch Chocolate, Vanilla*

[\*Sustagen Everyday – Ready to Drink\*](#)

[\*Sustagen Hospital Formula Active -All\*](#)

*Sustagen Sport*

### **Infant Formula & Infant Cereals**

*Nan SupremePro - All*

*S-26 Original - All*

*S-26 Gold - All*

*S-26 Gold Lactose Free*

*SMA*

### **Lozenges**

*Quick-Eze - All*

**Maggi:**

These products contain soy sauce fermented using a wheat-based ingredient. As per regulatory requirements this ingredient is labelled "*derived from wheat*" however, it has been refined in a way that removes gluten. The products below in [blue](#) contain this ingredient but carry a gluten-free symbol on pack and have been subject to additional testing to ensure there is no detectable gluten remaining in the final product.

*Maggi* Recipe Base – Beef Goulash

[Maggi Recipe Base - Beef Stroganoff](#)

[Maggi Recipe Base - Chicken Chasseur](#)

*Maggi* Recipe Base – Chicken Chow Mein

*Maggi* Recipe Base – Chow Mein

*Maggi* Recipe Base – Lamb Casserole

*Maggi* Recipe Base – Mediterranean Meatballs

*Maggi* Recipe Base – Mild Curry Sausages

[Maggi Recipe Base - Mince Cottage Pie](#)

[Maggi Recipe Base - Satay Chicken](#)

*Maggi* Recipe Base – Tomato & Herb Lamb Shanks

*Maggi* Recipe Base – Tomato & Onion Sausages

*Maggi* Slow Cooker – Hearty Chicken Casserole

*Maggi* Slow Cooker – Rich & Saucy Beef Casserole

*Maggi* Slow Cooker – Juicy Lamb Shanks