

# Dietary Avoidance List - Gluten



Current as at June 2023 - Nestlé Australia Ltd.

The following list of products:

- do not contain ingredients containing gluten, namely wheat, (including spelt) oats, rye, barley 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 Australia 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*

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

*Plastowe Premium Cocoa*

## Beverages

*Nesquik – Chocolate, Strawberry*

*Nestlé Coffee-mate – All*

*Nestlé Coffee & Milk*

*Nestlé Aero Hot Choc*

*Milkybar Hot Choc*

*Starbucks Signature Chocolate 42%*

*Starbucks Signature Chocolate Salted Caramel Cocoa Powder Sachets*

## Coffee

*International Roast Coffee*

*Nescafé Blend 43 Instant Coffee – including Smooth & Creamy, Mild Roast, Espresso, Decaf & Dark Roast*

*Nescafé Gold Instant Coffee - Original, Intense, Smooth, Decaf, Short Black & Green Blend*

*Nescafé Coffee Mixes (sachets)*

*Nescafé Dolce Gusto - All*

*Nescafé Farmers Origins – All*

*Starbucks at Home – All*

## Confectionery

*Allen's Bites Mini Chocolate Raspberries*

*Allen's Bites Mini White Choc Raspberries*

*Allen's Freckles*

## Confectionery continued

*Allen's Kool Mints*

*Allen's Sourz Party Animals*

*XXX Mints*

*Nestlé Quality Streets*

### **Lozenges**

*Butter-Menthol* – Original lozenges only

*Quick-Eze* – All

### **Dairy**

*Carnation Creamy Evaporated Milk*

*Carnation Light & Creamy Evaporated Milk*

*Carnation Lite Cooking Cream*

*Nestlé Reduced Fat Cream*

*Nestlé Sweetened Condensed Milk* – All

*Nestlé Top 'n Fill Caramel*

*Sunshine Instant Full Cream Milk Powder*

### **Healthcare Nutrition**

*Nestlé Kid Essentials*

*Nutren Diabetes* – Ready to Drink

*Nutren Diabetes* – Powder

*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 Optimum*

*Sustagen Active*

*Sustagen Collagen*

*Sustagen Sport*

*Vital Proteins Collagen Peptides* – All

*Vital Proteins Collagen Creamers* - All

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

*Nan Care Probiotic Drops* – All

*Nan Expertpro A.R*

*Nan Comfort* - All

*Nan Expertpro L.I.*

*Nan Expertpro Sensipro*

*Nan Optipro* - All

*Nan SupremePro* - All

*Nestlé Cerelac Infant Cereal* - Rice

### **Foods- Maggi**

*Maggi Recipe Base* – Butter Chicken

*Maggi Mild Korma Curry*

*Maggi Recipe Base* – Beef Goulash

*Maggi Recipe Base* – Apricot Chicken

*Maggi Recipe Base* – Mediterranean Meatballs

*Maggi Recipe Base* – Smoky Paprika Burrito

*Maggi Recipe Base* - Chilli Con Carne

*Maggi Recipe Base* – Mexican Nachos

*Maggi Recipe Base* – Cottage Pie

*Maggi Recipe Base* - Devilled Sausages

*Maggi Recipe Base* - Lamb Ragout

*Maggi Side Dish* - Cheese & Bacon Potato Bake

*Maggi Side Dish* - Cheesy Cauliflower Bake

*Maggi Side Dish* - Creamy Cheese & Garlic Potato Bake

*Maggi Side Dish* - Three Cheese Flavoured Potato Bake

*Maggi* Side Dish – Cheesy Broccoli & Cauliflower  
and Bake

*Maggi* Slow Cooker – Creamy Chicken Curry

*Maggi* Slow Cooker – Juicy Lamb Shanks

*Thomy Delikatess* Mayonnaise

#### **Foods- *Maggi***

The following group of *Maggi* products contain soy sauce fermented using a wheat-based ingredient. As per regulatory requirements this ingredient is labelled "*derived from wheat*" on pack 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 Stroganoff](#)

[Maggi Recipe Base - Chicken Chasseur](#)

[Maggi Recipe Base - Satay Chicken](#)

*Maggi* Recipe Base – Chinese Fried Rice

*Maggi* Recipe Base – Chicken Chow Mein

*Maggi* Recipe Base – Chow Mein

*Maggi* Slow Cooker – Rich & Saucy Beef Casserole

*Maggi* Slow Cooker – Hearty Chicken Casserole