



Good food, Good life

## Dietary Avoidance List - Gluten

Current as at May 2024 - 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  
PLAISTOWE Premium Cocoa

### Beverages

NESQUIK – Chocolate, Strawberry  
NESTLÉ Coffee-mate – All  
NESTLÉ Coffee & Milk  
NESTLÉ Aero Hot Choc  
STARBUCKS Signature Chocolate 42%

### 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 Roastery – Light & Dark  
NESCAFÉ Espresso Concentrate - Black and Sweet Vanilla  
NESCAFÉ Coffee Mixes (sachets) excludes MILO Mocha  
NESCAFÉ DOLCE GUSTO - All  
NESCAFÉ FARMERS ORIGINS – All  
STARBUCKS AT HOME – All



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### **Snacks**

UNCLE TOBY'S Roll ups – All

### **Confectionery**

Allen's Freckles

Allen's Kool Mints

XXX Mints

NESTLÉ Quality Streets

### **Lozenges**

BUTTER-MENTHOL – (excludes GUMMIES)

ANTICOL – All

SOOTHERS – All

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 - Dutch Chocolate, Vanilla & Strawberry](#)

[SUSTAGEN Hospital Formula -All](#)

SUSTAGEN Optimum

SUSTAGEN Active

SUSTAGEN Collagen

SUSTAGEN Sport

VITAL PROTEINS Collagen Peptides – All

VITAL PROTEINS Collagen Creamers - All

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

Nestlé NAN CARE Probiotic Drops – All

Nestlé NAN EXPERTPro A.R

Nestlé NAN COMFORT - All

Nestlé NAN EXPERTPRO L.I.

Nestlé NAN EXPERTPRO SENSIPRO

Nestlé NAN OPTIPRO - All

Nestlé NAN SUPREMEPRO - All

Nestlé CERELAC Infant Cereal - Rice



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**Foods - MAGGI**

MAGGI Recipe Base – Butter Chicken

MAGGI Recipe Base - Mild Korma Curry

MAGGI Recipe Base – Beef Goulash

MAGGI Recipe Base – Apricot Chicken

MAGGI Recipe Base – Mediterranean  
Meatballs

MAGGI Recipe Base - Devilled Sausages

MAGGI Recipe Base – Beef Stroganoff

MAGGI Recipe Base – Chicken Chasseur

MAGGI Recipe Base – Chow Mein

MAGGI Recipe Base – Satay Chicken

MAGGI Recipe Base – Chinese Fried Rice

MAGGI Recipe Base – Spanish Rice

[MAGGI Recipe Base – Cottage Pie](#)

[MAGGI Recipe Base - Beef Stroganoff](#)

[MAGGI Recipe Base - Chilli Con Carne](#)

[MAGGI Recipe Base – Mexican Nachos](#)

[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 – Chicken Casserole

MAGGI Slow Cooker – Beef with Rich Sauce

MAGGI Slow Cooker – Juicy Lamb Shanks

THOMY Delikatess Mayonnaise



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#### **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 claim on pack and have been subject to additional testing to ensure there is no detectable gluten remaining in the final product.

[MAGGI Recipe Base - Chicken Chasseur](#)

[MAGGI Recipe Base - Satay Chicken](#)