



## Potential Hidden Sources of Gluten

Gluten can lurk in any product, food or non-food (postage stamps and envelopes?!). So instead of taking the mental energy to memorize all of these, print this and keep it handy. It's a list I've compiled over the last year and a half of all the things I've been surprised to learn can contain gluten. It's not a complete list and there are things on here that don't always contain gluten, but it's really helped me a lot. And remember: do your research before buying or consuming anything but especially the following....

**Sauces & Gravies** (wheat flour is often used as a thickener)

### Marinades

**Soy Sauce** (most have wheat in them! Go for Tamari - a premium soy sauce. But not ALL Tamari is GF. You have to check each one!!)

**Teriyaki, Hosin, Duck sauces**

**Ketchup** (White vinegar may not be distilled. Check ingredients, but several brands are starting to put "gluten-free" on labels.)

**Mustard** (vinegar in it may not be distilled)

**Dry mustard powder** (often has flour to prevent caking)

**White Pepper** (same as dry mustard)

**Vinegars** (White vinegar must SAY distilled to be safe. All malt vinegars are NOT safe.)

**Malt** (can be in candy, cookies, premixed milk products, ice cream, yogurts) (Corn Malt is okay, but generally when "malt" is on an ingredients list, it's made from barley or wheat)

**Cereal** (even those that are corn or rice may contain malt flavoring)

**Instant coffee** (can contain wheat to add bulk)

### Shortening

**Stocks** (chicken, vegetable, beef... all may contain gluten)

**Salad dressings**

**Yogurt** (frozen yogurt and flavored regular yogurts)

**Ice Cream** (wheat flour is often added to prevent ice forming)

**Chocolate Sauces** (contain food starches - which can be wheat - or contain malt)

**Fruit pie fillings** (make sure they're thickened without wheat flour)

**Smoke, smoke flavoring & liquid smoke** (Barley and malt are often used to capture the smoke flavor)

**Bacon, jerky, tofu or sausage** (often has above smoke ingredients as well as other gluten ingredients)

**Sausage** (even if not smoked, can have fillers or be made on machines that are contaminated)

**Hot Dogs** (uses lots of fillers, often wheat-based. Some are safe, check ingredients. Start your search with all-beef Kosher brands as they tend to have fewer ingredients)

**Pre-marinated meat & fish** (self basting turkey is dangerous... chicken injected with liquids often contain gluten... and just lots of marinade include mustard, vinegar or soy sauce)

**Even some ground beef** (check ingredients, if there are any fillers, be wary!)

**Canned meats of any kind** (chicken, tuna, beef, etc)

**BBQ Sauce** (many have smoke flavor and/or wheat, but some are safe)

**Pickles & Relish** (because of non-distilled vinegar)

**Cheese & Bean Dips** (for chips... contain vinegar)

**Dried Fruit** (not all... but some are dusted with flour to prevent sticking)

**Curry Powder** (often mixed with flour to prevent caking)

**Mixed Spices** (and even cheaper regular spices... often use flour to prevent caking)

**Beer** (and beer in sauces, marinades or mixes -- but there IS gluten-free beer on the market)

**Lunch meats** (many have gluten. Even those that don't if you get them sliced on the same machine get contaminated)

**Flavored distilled alcohol** (pure distilled alcohol, though made from gluten-containing grains, are safe because the distillation process removes all gluten. But flavors often contain gluten)

**Cocktail mixes**

**Nuts** (often dusted in flour to prevent sticking or used in the roasting process)

**Barbeque flavored snacks** (chips, etc - BBQ flavoring is often "captured" in wheat)

**Candy** (especially Chocolate & Licorice.. Jelly candies often contain wheat. And a LOT of candy that doesn't contain wheat are processed on lines that are dusted with wheat flour to prevent sticking!)

**Chewing Gum** (beware of the Modified Food Starch! Unless type is listed, assume it's wheat or barley)

**Carmel Color & Carmel Flavor**

**Cheese** (especially "moldy" ones like blue, cross-contaminated deli cheese slices and cheese spreads.)

**Processed Potatoes** (Some frozen french fries, hashbrowns, other potatoes)

**Spaghetti Sauces**

**Soups** (canned soups, stocks and bouillon can contain gluten in both liquid and cubed forms)

**Rice Mixes** (instant rices often have wheat in the flavorings)

**Couscous & Orzo** (look like rice, but are actually little wheat pastas)

**Tabbouleh** (has barley)

**Canned baked beans**

**Frozen vegetables** in sauces or seasoned

**Alternative Milks:** Rice, almond, soy milks can contain gluten

**Infant formula**

**Cocoa mixes**

**Diet Shakes** (can be thickened with wheat or contain malt)

**Some herbal teas**

**Some sodas** (especially those with carmel coloring, you have to check if the carmel is derived from wheat)

**HVP** (hydrolyzed Vegetable Protein)

**Matzo**

**Imitation Crab**

**Miso**

**Starch**

**MSG** (can be derived from wheat)

**Artificial color**

**Vegetable gum**

**Vegetable protein**

**Semolina**

**Farina**

**Food starch & Modified food starch**

**Natural Flavoring**

**Hydrolyzed corn, soy, plant or vegetable protein** (even though they sound safe, can still have gluten)

**Non-stick cooking sprays** (can contain grain alcohol)

**Chinese noodles** that are not 100% pure rice or bean. Avoid ramen, lo mein, chow mein, udo, soba, buckwheat (sometimes isn't pure buckwheat, but a combo wheat & buckwheat)

## **Non-Food Possible Gluten Sources**

*While you may not directly ingest these items, if they are in the air or on your skin, you may not wash before touching food, your eyes, nose or mouth, thereby getting cross-contaminated. And people who are gluten-free due to an allergy, sensitivity or intolerance may need to avoid these (and other) items.*

**Charcoal briquets**

**Envelopes**

**Stamps**

**Dry Wall**

**Spray Starch**

**Play Dough**

**Glue**

**Glue Sticks**

**Soaps**

**Shampoo**

**Lotion, Hand Cream**

**Talcum/Body Powder**

**Toothpaste**

**Lipstick, lipgloss, lip moisturizers**

**Makeup**

**Medications**

**Vitamins**

**Herbal supplements**

Remember: Always check ingredients on ANY item before you buy it. When you can't find ingredients listed on the packaging (like for medication or envelopes), ask someone (pharmacist or call the manufacturer). And just because you've found one brand that's GF, don't assume all brands are the same. Sometimes different brands of an item are safe and others aren't. And even brands that were once safe can change ingredients or manufacturing practices without notice. So whenever you purchase any of these items always take a quick look at the ingredients for gluten!!

Need a list of the ingredients you must avoid? I have a handy "Unacceptable Foods List" that details many of the ways gluten can be listed in Ingredients. [www.GlutenFreeGluten.com/downloads](http://www.GlutenFreeGluten.com/downloads)

Finally, always remember: **when in doubt, leave it out!!!!**