

HIDDEN SOURCES OF GLUTEN

Adjusting to a gluten-free lifestyle can be challenging and even overwhelming. You may find that what was gluten-free today may not be gluten-free tomorrow – mainly because manufacturers can change their recipes, suppliers, or production methods. To make matters even more difficult, you’ll begin to realize that gluten is ‘hidden’ in foods. Thankfully, congress now requires companies to list all ingredients that have previously been disguised, such as ‘vegetable protein’ or ‘food starch’.

The best thing you can do is start to read every label, every ingredient. Reading labels is an art form you will soon perfect. You’ll even learn to read between the lines and understand hieroglyphics! Start slowly and consciously and review the list below for many places where gluten can be hidden or disguised. Leave no stone unturned and you will experience the benefits of going gluten-free.

HIDDEN SOURCES OF GLUTEN INCLUDE:

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| Medications | Sauces / Sauce packets |
| Supplements | Gravy (packaged and bottled) |
| Oats | Salad dressing |
| Most processed food unless it says gluten-free | Soy sauce |
| Grains like rye, barley | Teriyaki sauce |
| Spices and extracts for cooking | Beer |
| Packaged pre-made foods (like sandwiches, seasoned tofu etc) | Ale |
| Barbeque sauce | Packaged lunch meat |
| Breaded fish, chicken, shrimp, scallops, mushrooms, etc. | Candy bars |
| Bread (rolls, muffins, etc.) | Farina |
| Canned Soups | 5/7/9-Grain cereal |
| Dried Soups | Flours |
| Cereals | Ice cream cones |
| Cookies | Ice cream that contains cookie dough or candies |
| Cakes | Imitation bacon bits |
| Couscous | Imitation crab meat |
| Crackers | Malt vinegar |
| Flavored potato chips | Grain-sweetened chocolate |
| Frozen foods | Marinades (check for soy sauce) |
| Pasta (all wheat based, semolina, durum) | Pretzels |
| Pie | Sausages |
| Rice mixes | Seitan |
| | Soba noodles (unless 100% buckwheat) |
| | Stuffing |

