



HIDDEN SOURCES OF GLUTEN



Grains

- Wheat, Bran, Bulger, Durum
- Barley, Malt
- Rye
- Farro
- Semolina
- Kamut
- Spelt
- Triticale
- Farina
- Brewer's yeast
- Non-organic oats



Preservatives, Colorings & Flavorings

- Hydrolyzed vegetable protein
- Hydrolyzed plant protein
- Artificial flavors, natural flavors
- Dextrin, Maltodextrin



Processed Foods

- Baking mixes
- Gravy mixes, gravies
- Deli meats, sausages
- French fries
- Cheese spreads
- Imitation seafood
- Salad dressings, marinades
- Spice blends
- Soy sauce
- Soup bases
- Meat substitutes
- Candies



Drinks & Liquids

- Beers, ales
- Whiskey, Rye
- Distilled vinegar
- Rice syrup, Brown rice syrup
- Malted milk



Other Products

- Lipsticks, glosses and balms
- Lotions
- Makeup
- Play dough
- Some supplements
- Some medications

