



# Potential Hidden Sources of Gluten

Gluten can lurk in any product, both food and 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 four years of all the things I've been surprised to learn can contain gluten. It's not a complete list (although I've definitely tried!) and there are things on here that don't always contain gluten, but it's a good list to have handy for reference.

Don't let the length of this list intimidate you. Many of these items you won't come across in your daily life, especially if you eat more whole, less prepared foods. But it's better to be armed with knowledge than get accidentally sick. You should do your research before buying or consuming anything but especially the following....

**Sauces & Gravies** (and gravy cubes; 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 the ingredients to be sure it doesn't contain "wheat")

**Teriyaki, Hosin, Duck sauces** (unless it states "gluten free," most contain wheat-based soy sauce)

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

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

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

**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)

## Cereal Binding and Cereal Extract

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

## Non-Dairy Creamer

## Shortening

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

**Salad dressings** (often used as thickener)

**Cheese & Bean Dips** (for chips... can contain non-distilled vinegar and/or glutenous thickener)

**Yogurt** (frozen yogurt as well as flavored regular yogurts)

**Ice Cream** (not just the obvious ones like "cookie dough" either: wheat flour can added to prevent ice from 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)

**Self Basting Poultry** (can be infused with stock that contains gluten)

**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)

**Pre-cooked Meats** (such as rotisserie chicken, ribs or other deli-prepared items)

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

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

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

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

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

### **Graham**

**Beer** (including ale, porter, stout and other fermented beverages and all and beer in sauces, marinades or mixes -- but there IS gluten-free beer on the market)

**Lunch meats** (many contain gluten. Even those that don't have gluten in the ingredients, if you get them sliced on the same deli machine they'll be 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, particularly dry roasted)

**Barbecue 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)

### **Breath Mints**

**Carmel Color & Carmel Flavor** (usually from corn - which is fine - but can be from wheat)

**Unspecified "Filler" or "Spices"** (instead of listing each one, manufacturers will often simply put "spices" at the end of ingredients. Always call the manufacturer to find out what they are and if they contain gluten)

**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, any pre-prepared stocks, bases, cubes and bouillon can contain gluten in both liquid and cubed forms)

**Rice Mixes** (instant rices often have wheat in the flavorings or as anti-caking agents)

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

**Tabbouleh** (has barley)

### **Rice Cakes**

### **Canned baked beans**

**Frozen vegetables** that are in sauces or seasoned

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

**Brown Rice Syrup** (often made with barley)

**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), **HPP** (Hydrolyzed Plant Protein) & **TVP** (Textured Vegetable Protein)

**Matzo** (Matza or Matzah)

**Imitation Crab or other imitation seafood**

**Imitation Bacon**

**Miso**

**Starch** (corn or potato are safe - but if it's not specified, it can be from wheat)

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

**Artificial color**

**Vegetable gum**

**Vegetable protein**

**Dextrin** (usually from corn - which is fine - but can be from wheat)

**Stabilizers**

**Semolina**

**Farina**

**Food starch & Modified food starch**

**Natural Flavoring**

**Mono & Di-glycerides** (in dry products)

**Emulsifiers**

**Roux**

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

**Non-stick cooking sprays** (can contain grain alcohol, which is wheat)

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

**Edible Coating, Edible Starch or Edible Film**

**Meringue**

**Baking Powder**

**Powdered Sugar** (most are fine, but some [cheaper] brands may use wheat starch)

**Frosting**

**Marshmallows** (most are okay, but a few off-brands may use gluten in processing)

**Prepared Fried Foods** (can be fried in grease also used with gluten and therefore contaminated)

**Communion Wafers**

## **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** (can become an issue if dust becomes airborne when being installed or sustains damage)

**Spray Starch**

**Play Dough**

**Glue**

**Glue Sticks**

**Soaps**

**Shampoo**

**Lotion, Hand Cream**

**Sunscreen**

**Talcum/Body Powder**

**Toothpaste**

**Lipstick, lip gloss, lip balms and moisturizers**

**Cosmetics**

**Medications** (prescription and over the counter)

**Vitamins**

**Herbal supplements**

**Cough syrups & Lozenges**

**Pet Food** (any dry food - cat, dog, rabbit, etc - can contain gluten and cause you to inhale particles or can leave a gluten residue on your hands that can contaminate)

**Pet Shampoo**

**Bird Food** (Suet)

**Rubber & Latex Gloves** (can be dusted with flour to be non-stick)

**Dental Treatments**

**Play-dough**

Always check the 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!!!!**