

## Hidden Sources of Gluten



There are many hidden sources of gluten in food ingredients and additives. Here's a list for your reference of foods and other products to watch out for. It's important to verify that every food you eat is gluten-free by reading labels, calling manufacturers, and gauging your reactions to them.

Baked beans (the tomato sauce may contain gluten)  
Baking powder  
Binders  
Blue cheeses (may be made with bread)  
Brown rice syrup  
Caramel colorings or flavorings  
Cereal fillers, protein or starch  
Chutneys  
Chocolate, cheap brands, drinking chocolate  
Citric acid  
Coatings  
Colorings  
Communion wafers  
Corn starch  
Curry powder and other spices (may contain flour)  
Dextrins  
Dispersing agents  
Emulsifiers  
Excipients (in prescription medications)  
Farina  
Fillers  
Flavorings in grain alcohol  
Flours made from wheat, barley, oats, and rye  
Grain alcohol (beer, ale, rye, scotch, bourbon, grain vodka)  
Gravy powders and stock cubes such as OXO cubes  
Gum base  
Homeopathic remedies  
Hydrolyzed proteins: hydrolyzed plant protein (HPP), hydrolyzed vegetable protein  
Imitation crabmeat  
Instant coffee (may contain flour)  
Licorice

Lunch meat (may contain fillers)  
Malt or malt flavoring (barley malt, malt vinegar)  
Maltodextrin  
Matzo flour or meal  
Meat and fish pastes  
Modified starch, modified food starch (made from wheat)  
Mono- and di-glycerides (made using a wheat starch carrier)  
Mustard (dry mustard contains gluten)  
Natural flavorings  
Oils (wheat germ oil or ones with gluten additives)  
Pâtés  
Pickles  
Potato chips  
Play Dough  
Preservatives  
Sauces (may be thickened with flour)  
Sausages (may contain rusk and pick up gluten from machines which are cleaned out with bread)  
Seitan (this IS gluten)  
Shredded suet in packs (may contain flour)  
Soups (may contain roux, made with flour)  
Soy sauce (may be fermented with wheat)  
Spices (with anti-caking agents)  
Starch (modified food starch or edible starch)  
Supplements  
Textured vegetable protein (TVP)  
Turkeys, pre-basted  
Vegetable gum  
Vegetable protein or starch  
Vinegars (white or malt)  
Vital wheat gluten (found in soy products)  
Vitamin E oil  
White pepper  
Some toothpastes and lipsticks

**Tina Turbin, Founder of <http://GlutenFreeHelp.info>**

**Your Dependable Celiac and Gluten-Free Resource Guide**

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