

Potential Hidden Sources of Gluten
(and some obvious ones)



Gluten can be lurking in any food product. The list is very long, so if you're following a gluten free diet print this list and keep it handy. Remember to always do your research and read the label before buying or consuming anything.

Artificial Flavours and Colours	Frozen French Fries (and other frozen potato products)	Pickles and Relish
Asian Sauces (Hoisin, Teriyaki, etc.)	Fruit Pie Fillings	Rice (instant)
Baby Formula	Fu	Rye
Bacon	Graham Flour	Salad Dressings
Barley	Hot Dogs	Sauces and Gravies
BBQ Sauces	Ice Cream	Sausages
Beans (canned)	Jerky	Semolina
Beer	Kamut	Shortening
Bran	Ketchup	Soda
Bread	Liquor (basically only 100% Potato Vodkas are safe)	Soup Stocks (canned soup in general)
Bulgur	Luncheon Meats	Soy Sauce
Candy (Skittles, licorice, etc.)	Malt	Spaghetti Sauces
Canned Meats	Margarine	Spelt
Cereal	Marinades	Spices
Cheese Spreads	Meat/chicken/fish/pork that is pre-seasoned	Starch
Chewing Gum	Milks (non-dairy, such as rice, almond, and soy)	Tabbouleh
Chocolate Sauces	Miso	Teas
Cocktails (the mix and the alcohol)	MSG	Tofu
Cooking Sprays	Mustard	Triticale
Couscous	Mustard Powder (aka White Pepper)	Vegetable Gum
Coffee - Instant	Nuts (if seasoned)	Vegetable Protein
Cookies	Orzo	Vinegar (malt, non-distilled white, etc.)
Crab (fake)	Pasta	Wheat
Crackers		Wheat Bran
Durum		Wheat Protein
Farro		Yeasts
Flour		Yoghurt

When in doubt... leave it out!