

Hidden Sources of Gluten

Gluten helps make things “stick” together. It gives bread that “spongy” texture, and is commonly used in products that need something to bind other ingredients together. It is critical to read the ingredients label of any product you put on or in your body to make sure it’s free of gluten. Here is a partial list of common sources of gluten:

- Barley
- Barley malt/extract
- BBQ sauce
- Beer & lagers
- Bran
- Bread (white & whole grain)
- Breeding
- Brewer’s yeast
- Broth
- Brown rice syrup
- Bulgar
- Candy coatings
- Communion wafers
- Couscous
- Croutons
- Durum
- Einkorn
- Emmer
- Envelope Glue
- Farina
- Farro
- Lip gloss & balms
- Graham flour
- Hot dogs
- Herbal blends
- Imitation crab/seafood
- Kamut
- Lipstick
- Luncheon meats
- Malt
- Makeup
- Marinades
- Matzo flour/meal
- Meat/sausages
- Medications (prescription and over-the-counter)
- Oats (due to cross contamination)
- Orzo
- Panko
- Pasta
- Play dough
- Roux
- Rye
- Pre-seasoned meats
- Sauces
- Salad dressings
- Seitan
- Self-basting poultry
- Semolina
- Soup base
- Soy sauce
- Spelt
- Spice blends
- Stuffing
- Supplements
- Sushi rice
- Thickeners
- Triticale
- Udon
- Vinegar (malt only)
- Vital wheat gluten
- Vitamins
- Wafers
- Wheat
- Wheat bran
- Wheat germ
- Wheat starch
- ...And many others! For a complete list of known sources of gluten, visit www.Celiac.org.

Most Common Sources of Hidden Gluten

- Alcohol
- Cosmetics
- Dressings
- Fried Foods
- Vinegar
- Medications, vitamins & supplements
- Processed & packaged foods
- Sauces, soups & stews
- Soy, teriyaki & hoisin sauces

Sources: *The Paleo Approach* by Sarah Ballantyne, PhD and Celiac.org