

Find the Hidden Gluten

# COMMON HIDDEN GLUTEN SOURCES

Wheat - Barley (malt) - Rye - Oats - Amaranth\*\* - Buckwheat\*\* - Corn (maize)\* - Durum (SEMOLINA) - Einkorn - Emmer - Graham - Groat - MILLET\* - Sorghum\* - Spelt - Teff\* - Triticale - Quinoa\*\*

## FOOD

Artificial & Natural Colours  
Artificial & Natural Flavours  
Baking powder Bouillon cubes or stock cubes  
Candy  
Canned soups  
Caramel colour and flavouring  
Cheese spreads & other processed cheese  
Chocolate  
Cold cuts  
Hot Dogs  
Honey Ham  
Sausages  
Dextrin  
Dip mixes  
Dry roasted nuts & honey roasted nuts  
Dry sauce mixes  
Extenders and binders  
French fries in restaurants  
Gravies  
Hydrogenated Starch Hydrolysate  
Hydrolyzed plant protein  
Hydrolyzed vegetable protein  
Hydroxypropylated Starch

Ice Cream & Frozen Yogurt  
Instant Teas & Coffees  
Maltodextrin  
Maltose  
Mayonnaise  
Miso  
Modified food starch  
MSG  
Mustard  
Non-Dairy Creamer  
Oil, frying  
Poultry and meats  
Pregelatinized Starch  
Seasonings  
Smoke flavours  
Sour cream  
Soy Sauce  
Textured vegetable protein  
Vegetable Gum  
Vegetable protein

## HOME & BEAUTY

Cleaning Detergents  
Hairspray & Shampoo  
Hairdye/Colourants  
Lipstick  
Lotions  
Makeup  
Prescription Medications  
Vitamins  
Pet Food  
Play-dough  
Stamps & Envelope Glue  
Toothpaste

\*These grains are classically considered gluten free but are not recommended on a gluten free diet.  
\*\* These items are technically not grains, but are at high risk for cross-contamination and not recommended on a gluten free diet unless verification can be obtained.



Up to date list available on  
[www.glutenfreejourney.ca](http://www.glutenfreejourney.ca)

