



# Hidden Sources of Gluten

Here's a quick list to bring with you the next time you head to the grocery store. Pro-tip: print this sheet beforehand to save yourself time!

Different names for wheat: wheat berries, wheat germ, semolina, spelt, couscous, bulgur, farina, graham, durum, emmer, farro, khorasan, udon, einkorn, triticale.

Tricky ingredients: starch, modified food starch, hydrolyzed vegetable protein, hydrolyzed plant protein, textured vegetable protein, dextrin, maltodextrin, glucose syrup, caramel, malt flavoring, malt extract, malt vinegar, brown rice syrup.

Potential hidden sources of gluten:

- beans in sauce
- beauty products
- beverages, alcohol
- cheese
- chips
- cereals
- condiments, jams, syrups
- eggs
- frozen veggies in sauce
- fruits
- items labeled "wheat free"
- meat, poultry, fish
- medications, supplements
- nuts
- pickled products
- potatoes, rice, starch
- salad toppings
- soups, gravies, bouillon
- sweet treat, snacks
- soy sauce, miso

Remember: when in doubt, leave it out! Choose naturally gluten-free starches like rice, quinoa, corn, buckwheat, potatoes, sorghum, wild rice.