



# GLUTEN



## Hidden Food Sources of GLUTEN

Removing gluten from your diet can be a very challenging experience. It is found in so many things, from caramel color to soy sauce. By removing processed foods from your diet and replacing them with whole foods, you automatically eliminate many of the hidden food sources of gluten. Luckily these processed foods are not conducive to health, so when you eliminate them from your diet your overall health will likely improve significantly.



### Baking Powder

Some brands of baking powder contain gluten. Look for a brand that says “gluten-free” or make your own. Here is the recipe:  $\frac{1}{4}$  cup baking soda +  $\frac{1}{2}$  cup cream of tartar +  $\frac{1}{2}$  cup arrowroot powder. Place ingredients into a glass jar with a lid and shake gently. Store jar in a cool, dry place.

### Beer

Beer and ale are fermented and contain gluten from the wheat and barley from which they are made. Some argue that distilled liquors do not contain gluten because the gluten peptides cannot survive the distillation process.

### Bread

Bread made with flours such as whole wheat flour, white flour, unbleached flour, all purpose flour, spelt flour, kamut flour, barley flour, and rye flour all contain gluten as well as any sprouted breads containing the sprouted grain flours of wheat, spelt, kamut, barley, and rye.

### Brown Rice Syrup

Some brands use barley although Lundberg Brown Rice syrup is gluten-free.

### Candy

Wheat flour or starch may be used to prevent sticking during the shaping and handling of candy. Gluten may also be an ingredient in candy.

### Caramel Color

In the United States caramel color is made from corn, although caramel color may contain gluten in the form of wheat starch or malt syrup if it was foreign made.

### Cereal

Breakfast cereals are often made from wheat, spelt, kamut, barley, and rye. Many cereals, commercial and natural brands, contain malt flavoring, malt syrup, or barley malt. If the cereal contains oats, millet, or sorghum, it may be cross-contaminated with gluten as well.

### Citric Acid

Citric acid can be fermented from wheat, corn, molasses, or beets. While corn is the only source used by U.S. manufacturers, about 25% of the citric acid used in food and drinks in the U.S. is imported by from other countries which may use wheat.

### Coffee

Some flavored coffee drinks use wheat as a flavor carrier, though pure coffee is gluten-free.

### Dairy Products

Some dairy products contain modified food starch which may contain gluten. Products such as yogurt, cottage cheese, and sour cream may contain this starch. In addition malted milk, chocolate milk, and cheese spreads may contain gluten.

## Dextrin

In the U.S. dextrin is usually made from corn or tapioca, but it can be made from wheat.

## Egg Substitutes

These products are not entirely made of eggs and therefore can contain many additional ingredients, including wheat.

## Emergen-C

Some flavors of Alcer Emergen-C vitamin C drink mixes may contain wheat.

## Flavorings

Natural flavorings are usually gluten-free, though some flavorings for meat may contain wheat.

## Flour

Make sure all flours say Gluten-Free. Even rice flour can be cross-contaminated with gluten when produced in a mill that is not certified gluten-free.

## Grains

The cereal grains wheat, spelt, kamut, barley, bulgur wheat, and rye all contain gluten. Gluten-free grains include amaranth, buckwheat, corn, millet, rice and quinoa.

## Malt

Malt may be made from barley and therefore could contain gluten.

## Maltodextrin

In the U.S. maltodextrin cannot contain gluten unless it is declared on the ingredient label. It is usually made from corn, rice, or potato in the U.S. Foreign-made food products containing maltodextrin may contain gluten.

## Meat

Fillers are used in many processed meats including sausages, luncheon meats, and hot dogs and need to be avoided on a gluten-free diet. Also be sure to avoid self-basting turkeys.

## Miso

Miso usually contains barley, although some varieties use brown rice. Miso made with brown rice can still contain gluten in the koji, which can contain be either barley or wheat. Look for a miso that uses rice koji and is labeled "gluten-free."

## Modified Food Starch

This is usually made from corn in the U.S. although it can be made from other ingredients, including wheat, if foreign-made. The contents of the starch should be declared on the label, though these rules do not apply to the pharmaceutical industry where gluten may be used.

## Non-Dairy Milk

Some non-dairy milk brands can contain a very small amount of barley malt to which the gluten-sensitive individual can react to. In addition, some brands may also contain wheat. Look for a brand that is labeled "gluten-free."

## Oatmeal

Oats are naturally gluten-free although most oats sold in the U.S. may be contaminated with gluten during harvesting, processing, or packaging. Look for Certified Gluten-Free Oats.

## Packaged Dessert Mixes

Pudding mixes, cake mixes, frosting mixes, and cake decorations all usually contain gluten. Look for the word gluten-free on the label.

## Pastas

Pasta is usually made from semolina flour, or wheat flour which contains gluten. Look for pastas that are made from rice and/or quinoa.

## Seasonings

Packaged seasoning mixes made from a combination of spices and herbs may contain wheat flour as a carrier or anti-caking agent and it may or may not be declared on the label.

## Soups and Soup Mixes

Many packaged or canned soups can contain gluten in the form of wheat as a thickener. Bouillon cubes usually contain gluten in the form of wheat being used as a binder.

## Soy Sauce

Soy sauce contains wheat. Look for wheat-free Tamari and use it to replace soy sauce.

## Sushi Rice

Many sushi restaurants will add wheat flour to the rice to make it stickier.

## Vegetable Starch

Vegetable starch or vegetable protein on the ingredient label could mean corn, peanuts, rice, corn, soy, or wheat.

## Vinegar

Distilled vinegar made from grains is safe to eat because gluten cannot survive the distillation process, though malt vinegar contains gluten and is not safe to eat. Wine vinegars, brown rice vinegars, and apple cider vinegar are all gluten-free and are safe to consume.

## Yeast

Nutritional yeast or brewer's yeast is a by-product of the brewing industry and may or may not contain gluten. You may want to call the manufacturer. Baking yeast used to make bread rise is gluten-free.

