

Hidden Danger Foods – Gluten

- Non Dairy Creamer
- BBQ Sauce
- Soy Sauce
- Miso
- Bouillon cubes or stock cubes
- Combo seasonings like pre-packaged Taco Seasoning. Check the labels!!!
- Candies and licorices – check your labels!
- Canned soups – some use wheat as a thickener
- Chocolate – may contain malt flavoring. Check your labels!
- Cold cuts, Wieners, Sausages – may have gluten due to cereal fillers.
- Dry sauce mixes
- Honey Hams – can be based with wheat starch in coating.
- Instant Teas & Coffees – cereal products may be included in the formulation.
- Mayonnaise – check thickener and grain based vinegar ingredients
- Gravies – check out thickening agent and liquid base.
- Vitamin supplements (different brands contain grain based ingredients – check the labels carefully)
- Pickles – Check your label. May use malt vinegar in liquid.
- Items that are labeled “Wheat-Free” – Gluten is in more grains than just wheat!
- Beauty items!!! Check your labels if you are highly-sensitive or have Celiac Disease!

Sources:

<https://celiac.org/live-gluten-free/glutenfreediet/sources-of-gluten/>

<https://www.everydayhealth.com/digestive-health/0313/surprising-products-that-contain-gluten.aspx>