

HIDDEN SOURCES OF GLUTEN

Gluten and wheat are often in things you'd never expect. Sometimes it can be found in things you'd not even think was processed, and often can be found in items you'd never dream would have it. The following list includes some of these sources of gluten.

- Atta flour
- Bacon (check ingredients)
- Barley
- Barley grass
- Barley malt
- Beauty Products
- Beer (unless gluten-free)
- Bleached or unbleached flour
- Bran
- Breadflour
- Breeding
- Brewers yeast
- Broth/Stock (Packaged)
- Bulgur
- Canned Meats (like shredded chicken)
- Canned Soup
- Coating mixes
- Communion wafers
- Condiments
- Couscous
- Croutons
- Dinkle (spelt)
- Durham
- Einkorn
- Emmer (durham wheat)
- Farina
- Farro (called emmer wheat, except in Italy)
- Food starch
- French Fries
- Fu (a dried form of gluten)
- Gliadin
- Glue used on envelopes, stamps, and labels
- Gluten
- Gluten peptides
- Glutenin
- Graham
- Gravies (and gravy mixes)
- Hand Lotion
- Hydrolyzed wheat gluten
- Hydrolyzed wheat protein
- Ice cream (may contain flour as an anticrystallizing agent)
- Imitation fish & crab
- Kamut
- Licorice (e.g. Twizzlers)
- Lunch meats



- Maida (indian wheat flour)
- Makeup
- Malt
- Malt vinegar
- Marinades
- Matzah (aka matzo)
- Meal Alternatives
- Meatballs
- Medications
- Mir (a wheat and rye cross)
- Nutritional and herbal supplements (may contain gluten)
- Oats
- Panko (bread crumbs)
- Pilafs (containing orzo)
- Prepared foods (often contain gluten)
- Processed cereals
- Rice Cereal (Rice Crispy Treats)
- Rice Paper
- Rye
- Salad dressings
- Sauces
- Seitan
- Self-basting poultry
- Semolina
- Shampoo
- Soup bases and bouillon cubes
- Soy or rice drinks (may have barley malt or malt enzymes used during manufacturing)
- Soy sauce (except for a wheat-free version)
- Spelt
- Spice mixtures (often contain wheat as an anticaking agent, filler, or thickening agent)
- Stamps
- Starch
- Stuffings
- Sushi/Sashimi
- Syrups
- Thickeners
- Toothpaste
- Triticale
- Wheat
- Wheat germ
- Wheat grass
- Wheat starch



COMMON SOURCES OF GLUTEN CONTAMINATION:

- Millet, white rice flour, buckwheat flour, sorghum flour, oat flour, and soy flour
- Foods sold in bulk (often contaminated by scoops used in other bins and by flour dust)
- Toasters, grills, pans, cutting boards, utensils, appliances, and oils that were used for preparing foods containing gluten (like deep fat fryers or grills that toasted buns)
- Cups or blenders used for blending drinks (at Starbucks, for example)
- Flour dust (especially important in a bakery-like setting. Even though the bakery may have gluten-free items, if it wasn't prepared in a separate kitchen it may have flour dusting on it)
- Knives double-dipped into food spreads after spreading on bread, bagels, or crackers (can leave gluten- containing crumbs)
- Powder coating inside rubber gloves (may be derived from wheat)
- Art supplies, including paints, clay, glue, and play dough; gluten can be transferred to the mouth if hands aren't washed
- Personal-care products (like shampoo) and household products may be transferred to the lips and ingested
- Some waxes or resins applied to fruits and vegetables
- Vitamin, mineral, herb, or other types of dietary supplement (may contain gluten-derived or gluten-containing ingredients)
- Medications (many contain gluten-containing ingredients as fillers)
- Common sponges that wipe gluten-containing foods off of plates (like at work or in a household that isn't 100% gluten-free)
- Kissing someone who just ate/drank a gluten-containing food/drink
- Not realizing what ingredients are in a dish (soy sauce in a fried rice dish, for example)

DISCLAIMER:

By using this guide you are representing that you have read and agreed to the terms and conditions of Thriving On Paleo, LLC as listed on the website. The Autoimmune Collective is a product of Thriving On Paleo, LLC.

This guide is not intended to diagnose, treat, prevent, or cure any illness or disease.

You are solely responsible for your health care and activity choices. Using this recipe guide from Thriving On Paleo, LLC is at the reader's sole discretion and risk.

The information provided in this recipe guide is for general inspirational purposes and is not to be used as a dietary or nutrition plan for health goals. This recipe guide has not been reviewed nor approved by the FDA and is not intended to take the place of advice from your medical professional, licensed dietician, or nutritionist.

Using this recipe guide does not constitute a client-coach relationship.

COPYRIGHT:

No part of this publication may be copied, shared, or republished without express written permission of the author. Violations are investigated by the FBI and are punishable with up to five years in federal prison and a fine up to \$250,000.