



Possible Sources of Gluten in Packaged Foods

- Barley
- Caramel Color (rarely contains gluten in the US)
- Colorings
- Dextrin
- Enriched flour
- Flour
- Wheat Flour
- Hydrolyzed wheat protein or hydrolyzed vegetable protein
- Malt flavoring or malt syrup
- Modified food starch
- Mono' diglycerides
- MSG (Foreign sources may contain gluten)
- Natural Flavorings (Under new labeling policy, natural flavorings will say "contains Barley")
- Oats (unless specified as GF)
- Rice syrup (contains barley enzymes)
- Rye
- Spices
- Soy Sauce
- Stabilizers
- Starch
- Vinegar (is sometimes made from wheat; distillation should remove any gluten*)
- Vanilla and vanilla extract (may be grain alcohol based, but most are from corn. Distillation should remove any gluten*)
- Whiskey, Gin (distillation generally makes these products safe for gluten-sensitive individuals)
- Beer, Ale
- Malted Milk
- Processed cheese spreads
- Candy (most licorice contains wheat flour & wheat may be used in shaping or handling of the candy)
- Hydrolyzed vegetable protein
- Self Basting Turkeys
- Egg Substitutes
- Vegetable Starch or Vegetable Protein (could mean protein from corn, peanuts, rice, soy or wheat)

**In order for a product to be labeled "gluten-free" it must contain no more than 20 ppm gluten. Distillation of gluten-containing foods and drinks renders them "gluten-free" though a select few gluten-sensitive individuals still experience a reaction. This may be due to trace amounts of gluten found in the finished product.*

***This list is not all-inclusive. There may be other hidden sources of gluten in processed foods. Read ingredients and watch for "gluten free labels."*

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