

## Common & Potentially Hidden Sources of Gluten<sup>†</sup>

### Breads, Cereals, Pastas

- Wheat (durum, semolina, bulgur, kamut, faro/farro, farina, dinkel, emmer, graham, wheatberries, einkorn wheat)
- Barley
- Rye
- Triticale
- Oats
- Matzo
- Croutons, stuffing, breading, dressing
- Potato bread
- Cornbread
- Ramen, egg noodles, soba, chow mein, udon
- Flatbreads (pita, naan, khamiri)

### Beverages, Sauces & Seasonings

- Non-distilled alcoholic beverages (beer, ale, lager, malt liquor); flavoured distilled beverages<sup>††</sup>
- Asian sauces: bean, oyster, soy, tamari
- Gravies, soups & cream sauces
- Packaged spice/herb blends & seasoning packets
- Curry powder
- Malt (milk, shakes, extract, syrup, flavouring)
- Wheat starch, vegetable starch, baking powders
- Worcestershire sauce, ketchup, mustard
- Salad dressings, vinegars (white, malt)
- Vegetables with sauces
- Pickles and pickled items
- Bouillons, stocks, marinades
- Flavoured instant coffee, tea, cocoa & other drink mixes
- Monosodium glutamate (MSG)
- Non-dairy creamers



**Metagenics**<sup>®</sup>

Genetic Potential Through Nutrition

Pastries & Snacks	Proteins & Alternatives	Other
<ul style="list-style-type: none"> <li>• Cakes, cookies, brownies, pie crusts</li> <li>• Croissants, rolls</li> <li>• Muffins, bagels</li> <li>• Pancakes, waffles, crepes, blinis, blintzes</li> <li>• Ice cream</li> <li>• Pretzels</li> <li>• Graham &amp; other crackers</li> <li>• Potato &amp; corn chips<sup>†††</sup></li> <li>• French fries</li> <li>• Cheesecake filling</li> <li>• Dry-roasted nuts</li> <li>• Licorice</li> <li>• Marshmallows</li> <li>• Pudding</li> <li>• Granola/energy bars</li> </ul>	<ul style="list-style-type: none"> <li>• Battered/breaded items</li> <li>• Sausage, hot dogs</li> <li>• Meatloaf, meatballs, beef patties</li> <li>• Imitation meats &amp; veggie burgers (seitan, hydrolyzed/textured vegetable proteins)</li> <li>• Fried tofu</li> <li>• Seasoned meats &amp; self-basting poultry</li> <li>• Imitation crab &amp; fish</li> <li>• Sushi rolls</li> <li>• Bleu cheese &amp; imitation cheeses</li> <li>• Eggs in restaurants<sup>††††</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Brewer's yeast</li> <li>• Certain food colourings (e.g., caramel)</li> <li>• Chewing gum, mints, candy</li> <li>• Communion wafers</li> <li>• Certain dietary and herbal supplements</li> <li>• Certain manufacturing excipients, fillers, and texturizers</li> <li>• Certain flavouring agents</li> </ul>

<sup>†</sup> Unless specifically labeled as gluten-free or made without common gluten-containing ingredients

<sup>††</sup> Distilled alcohol should not contain gluten unless added after distillation (e.g., flavoured vodka); FDA does not allow gluten-free mentions on liquors distilled from wheat, barley, rye, or their crossbreeds

<sup>†††</sup> Some chip seasonings may contain wheat starch and/or malt

<sup>††††</sup> Some eggs prepared with gluten-containing thickening agents (e.g., pancake batter)