

OBVIOUS GLUTEN CONTENT



WHEAT
SPELT
KAMUT
BARLEY
RYE

Flours and products made from:

Durum	Kamut
Semolina	Einkorn
Spelt	Farro
Brewer's Yeast	Wheatberries
Triticale	Malt

PRODUCTS THAT MAY CONTAIN GLUTEN*

PROCESSED FOODS & SNACKS

Deli meats
 Sausages
 Bacon
 Tofu
 Jerky
 Sushi



Stock/broth/boullion
 Tofu
 Miso
 Crabmeat, imitation
 Patés
 Seitan (made from gluten)

Cheese with mold
 Grain alcohol
 Hydrolyzed vegetable protein (HVP)
 Hydrolyzed plant protein
 Textured vegetable protein

Instant coffee
 Chocolate
 Energy bars
 Potato chips
 Hot chocolate drinks
 Licorice
 Candy and mints

Baked beans
 Meats, canned
 Fish, canned
 Soups

Deep fried foods
 Oats (unless gluten free)
 Tabbouleh
 Yougurt, frozen and flavoured
 Infant Formula



INGREDIENTS

MSG
 Baking powder
 Thickeners and binders
 Brown rice syrup
 Citric acid
 Food colourings
 White pepper
 Spices (anti-caking agents)
 ex. onion powder

Caramel colour
 Lecithins
 Emulsifiers
 Barley malt
 Malt vinegar
 Maltodextrin
 Natural Flavours

HOUSEHOLD ITEMS

Dish-soap
 Envelops (glue)
 Stamps (glue)
 Glue and glue sticks
 Play dough

SAUCES & CONDIMENTS

Dressings
 Marinades
 Soy sauce
 Mustard and mustard powder
 Ketchup
 Gravy
 Sauces

COSMETICS & PERSONAL CARE

Soaps
 Shampoo
 Lotion/hand cream
 Talcum powder
 Baby powder
 Toothpaste
 Lipstick
 Lipgloss



OTHER

Medications
 Supplements
 Vitamin E Oil