

OBVIOUS GLUTEN CONTENT



WHEAT
SPELT
KAMUT
BARLEY
RYE

Flours and products made from:

Durum	Einkorn
Semolina	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