

HIDDEN GLUTEN SHOPPING GUIDE

WATCH FOR HIDDEN GLUTEN IN:

Soy sauce • Teriyaki • Gravies • Salad dressings • Deli meats • Hot dogs • Flavored chips • Rice cereals • Meat substitutes • Beer • Oats (unless labeled GF) • Brown rice syrup • Some chocolates • Imitation seafood • Pre-seasoned meats

AND THESE NAMES ON LABELS:

Wheat • Barley • Rye • Hydrolyzed wheat protein • Malt (flavoring, vinegar, extract, syrup) • Brewer's yeast • Semolina • Triticale • Einkorn • Graham • Farina • Spelt • Durum • Emmer • Kamut • Farro

NON-FOOD: Medications • Toothpaste • Play-Doh • Lip balm/stick • Supplements • Pet food

⚠ Labeling laws vary by country. Some wheat-derived ingredients (dextrin, maltodextrin, glucose syrup) may not require disclosure. When in doubt, look for a certified gluten-free mark.

HIDDEN GLUTEN DINING OUT GUIDE

SHOW OR TELL YOUR SERVER:

I have celiac disease – a medical condition, not a preference. I can't eat food containing wheat, barley, rye, or oats unless certified gluten free, including sauces, marinades, breading, and seasonings. Please use clean cookware, utensils, surfaces, and oil. Even traces can cause intestinal damage.

HIGH-RISK RESTAURANT ITEMS: Pizza • Pasta • Fried foods • Sauces & gravies • Soups (flour) • Scrambled eggs (pancake batter) • Desserts

IF EXPOSED: Symptoms may start within 1 hour. Stay hydrated. Resume strict gluten-free diet. See your doctor if symptoms are severe or persist.

