

## Foods With Hidden Gluten

1. Hydrolyzed and or textured vegetable protein; may contain wheat
2. Barley malt
3. Starch when in the ingredient list; if it doesn't say cornstarch than it may contain wheat
4. Desserts to include icecream (gluten stabilizers)
5. Meats to include luncheon meats, hotdogs, sausages can contain grains, self basting turkeys contain hydrolyzed vegetable protein
6. Cheese & Dairy can cheeses in particular can contain wheat flour and or oat gum
7. Pasta; semonila high level of gluten
8. Miscellaneous (some brands contain gliadin: curry powder, white pepper, dry seasoning mixes, gravy mixes and extracts; baked beans, baking powders, salad dressings, sandwich spreads, muesli, cereals, instant coffee, breadcrumbs, vanilla and other flavorings made with alcohol, most dips