

Hidden Gluten Sources

Gluten sources have "BROW": Barley, Rye, Oats, Wheat

CATEGORY	FOOD PRODUCT	NOTES
Milk Products	Milk Drinks	Chocolate milk and other flavoured drinks may contain wheat starch or barley malt
	Cheese Spreads or Sauces (e.g. Nacho)	May be thickened/stabilized with wheat. Flavourings and seasonings may contain wheat.
	Flavoured or frozen yogurt	May be thickened/stabilized with a gluten source. May contain granola or cookie crumbs
	Sour Cream	Some low-fat/fat-free may contain modified food starch.
Grains	Buckwheat Flour	Pure buckwheat flour is gluten-free. Sometimes buckwheat flour may be mixed with wheat flour.
	Rice Cereals	May contain barley malt extract.
	Corn Cereals	May contain oat syrup or barley malt extract.
	Buckwheat Pasta	Some "soba" pastas contain pure buckwheat flour which is gluten-free but others may also contain wheat flour.
	Rice Cakes, Corn Cakes, Rice Crackers	Multigrain often contains barley and/or oats Some contain soy sauce (may be made from wheat)
	Oats	Only use pure uncontaminated oats. Oats are often contaminated with other grains that have gluten.
Meats & Alternatives	Baked Beans	Some are thickened with wheat flour
	Imitation Crab	May contain fillers made from wheat starch
	Dry Roasted Nuts	May contain wheat
	Processed Meat Products	May contain fillers made from wheat. May contain HPP or HVP made from wheat.
	Imitation Meats	Often contain wheat or oats.
Fruits & Vegetables	Dried Fruits	Dates and other dried fruits may be dusted wheat flour to prevent sticking.

	Fruits/Vegetables with sauces Fruit Pie Fillings	Some may be thickened with flour.
	French Fries	May contain wheat as an ingredient. Also may have been cooked in oil also used for battered products.
Soups	Canned Soups, Dried Soup Mixes, Soup bases and Bouillon Cubes	May contain noodles or barley. Cream soups are often thickened with flour. May contain HPP or HVP (from wheat). Seasonings may contain wheat flour, wheat starch or hydrolysed wheat protein.
Fats	Salad Dressings	Seasonings may contain wheat flour or wheat starch.
Desserts	Milk Puddings/Mixes	Starch source may be from wheat.
Miscellaneous	Beverages	Some instant teas, herbal teas, coffee substitutes and other drinks may have grain additives. Non-dairy substitutes (e.g., rice drinks and soy drinks) may contain barley, barley malt extract or oats.
	Lemon Curd	Usually thickened with flour.
	Potato, Tortilla Chips and Soy Nuts	Some potato chips contain wheat. Seasoning mixtures may contain wheat flour, wheat starch or hydrolysed wheat protein.
	Baking Powder	Contains starch which may be from wheat.
	Seasonings, Seasoning Mixes	May contain wheat flour, wheat starch or hydrolysed wheat protein.
	Worcestershire Sauce	May contain malt vinegar which is not gluten-free.

Source: <http://www.celiac.ca/EnglishCCA/egfdiet2.html#avoid>