

# SURPRISE SOURCES OF GLUTEN!

Gluten can be found in foods you would never suspect! Check the labels of all foods.



## LIKELY CONTAIN GLUTEN

Beer, ale and lagers	Imitation fish
Bouillon cubes	Matzo
Brown rice syrup	Rice mixes
Candy	Salami
Chips	Sauces
Cold cuts	Seasoned tortilla chips
Communion wafers	Self-basting turkey
French fries	Soups
Gravy	Soy sauce
Hot dogs and sausages	Vegetables in sauce

## HIDDEN GLUTEN TERMS

Cracked wheat	Kamut
Einkorn	Spelt
Emmer	Wheat bran, germ or starch
Hydrolyzed wheat protein	

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