

**Items that may Contain Hidden Gluten**

Baked Beans

Beer-All types

Bouillon

Bread-yes I went there!

Bread Crumbs

Cakes

Candy

Canned tuna, salmon, crab

Chocolate and chocolate bars (only some-thank goodness!)

Cookies

Cookie crumbs

Cookie dough

Cornbread

Couscous

Cheese including but not limited to: mixes, shredded, processed, packaged and spreads

Crackers

Croutons

Deli Meats

Dry Nuts and Nut Mixes

Durum

Flavored Coffee

Flavored Coffee Cream- powder and liquid

Flavored Teas

Frozen potato products

Frozen meals

## Now Find Gluten Free

Frozen Vegetables with seasoning or sauce

Gravy

Gum

Hot Cocoa

Hot Dogs

Ice Cream

Imitation Bacon

Imitation Seafood

Instant Drink Mixes

Instant Mashed Potatoes

Ketchup

Matzo

Mayonnaise

Mustard

Noodles

Pasta

Polish Sausage/Kielbasa

Potato Chips

Pre-Cooked Bacon

Pre-Packaged meals including but not limited to: seasoning packets, boxed, canned or jarred

Pre-seasoned meats

Pretzels

Ramen Noodles

Salad dressings

Sauces including but not limited to: canned, jarred or pre-packaged powder.

Sausage

Soups

## Now Find Gluten Free

Soup mixes  
Sour Cream  
Soy Sauce  
Spice and spice blends  
Stir Fry Sauces  
Yogurt

### **Health and Beauty**

Vitamins and Supplements  
Cough Drops  
Medications  
Body Creams and Lotions  
Make up  
Skin Care  
Hair Care Products  
Body Soap

This is by no means a complete list but gives you a good idea the scope of hidden gluten.

One of the most important things that you will need to know to be successful in your gluten free life-style is how to read labels. I cannot stress the importance of learning the different names of gluten and reading labels