



Now Find Data Sheet:

# Hidden Gluten in the Ingredients List

**Artificial Colors**

**Artificial Flavors**

**Barley**

**Barley Malt**

**Bran**

**Bread Flour**

**Brewer's Yeast**

**Brown Flour**

**Bulgur**

**Bulgur Wheat**

**Caramel**

May contain malt

**Caramel coloring**

May contain malt

**Dextrin**

May be made from corn or wheat

**Dinkel**

**Durum**

**Einkorn**

**Emmer**

**Farina**

**Farro**

**Kamut**

**Graham**

**Hordeum Vulgare (Barley)**

**Malt**

**Malted Milk**

**Malt Extract**

**Malt Flavoring**

**Maltodextrin**

May be made from corn or wheat

**Maltodextrose**

May be made from corn or wheat

**Malt Syrup**

**Malt Vinegar**

**Matzo**

**Matzo Meal**

**Modified Food Starch**

May be made from corn or wheat

**Modified Starch**

May be made from corn or wheat

**Modified Wheat Starch**

**Natural Flavors**

**Oat Bran**

**Oat Flour**

**Oatmeal**

**Rye Bread**

**Rye Flour**

**Secale Cereal (Rye)**

**Semolina**

**Seitan**

This is an imitation meat found in many vegetarian dishes

**Spelt**

**Triticale**

**Triticum Spelta (Spelt)**

**Triticum Vulgare (Wheat)**

**Wheat**

**Wheat Germ**

**Wheat Proteins**

**Wheat Starch**

**Whole Oats**

May or may not contain gluten

**Worcestershire Sauce**

Only some are gluten-free

Compliments of [NowFindFoods.com](http://NowFindFoods.com)



Check out our FREE Apps to help you explore new products that fit your lifestyle and locate them at your local grocery store

© 2015 - 2017 JHMJLL, Inc. All rights reserved.

