



Now Find Data Sheet:

Items Which May Contain Hidden Gluten

Foods

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, spreads, shredded, packaged and processed

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

Frozen Vegetables
With sauce or seasoning

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: jarred, canned, boxed or seasoning packets

Pre-Seasoned Meats

Pretzels

Ramen Noodles

Salad Dressings

Sauces

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

Sausage

Soups

Soup mixes

Sour Cream

Soy Sauce

**Spice and Spice
Blends**

Stir-Fry Sauces

Yogurt



Now Find Data Sheet:

Items Which May Contain Hidden Gluten

Health and Beauty

Vitamins and Supplements

Body Creams and Lotions

Hair Care Products

Cough Drops

Makeup

Body Soap

Medications

Skin Care

This is by no means a complete list, but it gives you a good idea about the scope of “hidden gluten”.

One of the most important skills you will need in order to be successful in your gluten-free lifestyle is knowing how to read labels.

Our app, **Now Find Gluten Free** is a listing of 35,000 (and growing) products that we vet by hand. As a convenience, the ingredients of all products are included.

We cannot over-emphasize the importance of learning the many different names for gluten, where it hides in food, health and beauty products, and developing the habit of thoroughly reading and understanding product labels.

Compliments of 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



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