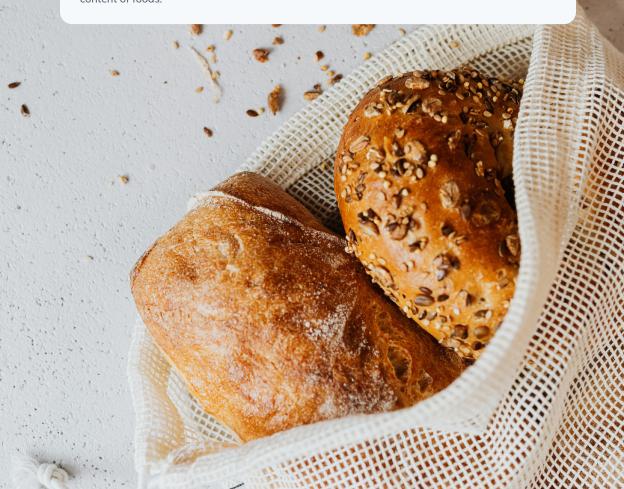


Gluten-free diet: Hidden sources of gluten

For individuals with a gluten intolerance, following a gluten-free diet involves eliminating all gluten-containing products. Baked goods made with wheat flour, such as breads and pastries, are well-known sources of gluten; however, gluten is often hidden as an additive in processed foods and non-food items.

What is gluten?

"Gluten" is the general term for a group of proteins that are found in certain grains, including barley, rye, and wheat. In nature, gluten proteins promote germination and seedling growth. In culinary applications, gluten is widely used to modify the quality, texture, flavor, and moisture content of foods.



Hidden sources of gluten

The graphic below shows various foods and products in which gluten is commonly found.



Alcohol

Ales, beers, lagers, and malt beverages are not gluten-free unless specified.



Art supplies

Some paints and other supplies, such as Play-Doh, contain wheat.



Soups

Cream-based soups often use flour as a thickener, while other soups may contain barley.



Additional sources of gluten



Personal care products

Gluten is sometimes used in cosmetics and body care products for binding and moisture.



Processed meats

Deli meats, sausages, and other processed meats may contain gluten as an additive or filler.



Medicines and nutritional supplements

Wheat starch may be used as an excipient (inactive ingredient).





Gluten-containing starch and dextrin may be used as fillers and thickeners.

seasonings

Reading nutrition facts labels

The sample Nutrition Facts label below demonstrates how to read a food label and identify food allergens.

Reading nutrition facts labels



Amount per serving		 Serving Size: Indicates the number of servings per contain and the individual serving size
% D	aily Value*	3
Total Fat 1g	2%	Amount per serving: Nutrients with an established daily requirement will show the amount in both weight and % daily value to help you understand how you're achieving
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0% 🧨	
Sodium 0mg 0%		your dietary requirements
Total Carbohydrate 42g 14%		 Daily Values: Reflects the percentage of daily nutrient requirement provided in a single
Dietary Fiber 2g		
Total Sugars 2g	•	serving (5% or less is low, 20% or more is high)
Includes 0g Added Sugars	0%	3 ,
Protein 7g		 Total Sugars: Indicates the amount of both naturally-
Vitamin D	0% 🦣	occurring and added sugar present in a single serving Added Sugars: Indicates the amount of sugar from added sources in a single serving
Calcium	0%	
Iron	10%	
Potassium	5%	
*The % Daily Value (DV) tells you how much of serving of food contributes to a healthy diet. a day is used for general nutrition advice.		Lists the nutrients that are generally low in current diets to help you consume enough
REDIENTS: SEMOLINA (WHEAT), DU DUR, NIACIN, IRON (FERROUS SULFAT		Ingredients are listed in order of predominance.
NONITRATE, RIBOFLAVIN, FOLIC ACII	D.	Allergens are listed at the bottom of the label.

Alternative names for gluten

Checking the ingredients label is the simplest way to recognize a gluten-free product. Don't see wheat, barley, or rye? Gluten could be in the ingredients list under a different name. Below are common gluten-containing ingredients.

- Bread crumbs
- Brewer's yeast
- Bulgur
- Cereal extract
- Club wheat
- Couscous
- Cracker meal
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Flour (all-purpose, bread, cake, high-gluten, high-protein, instant, pastry, self-rising, soft wheat, steel ground, stone ground, whole wheat)
- Freekeh
- Graham

- Hydrolyzed wheat protein
- Kamut
- Malt (malt extract, malt flavoring, malt syrup, malt vinegar)
- Seitan
- Semolina
- Spelt
- Sprouted wheat
- Starch (gelatinized starch, modified starch, modified food starch, vegetable starch)
- Triticale
- Vegetable protein
- Vital wheat gluten
- Wheat berries
- Wheat bran hydrolysate
- Wheat germ oil
- Wheat grass
- Wheat protein isolate





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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.

*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.