

## OBVIOUS GLUTEN CONTENT



### WHEAT

SPELT  
KAMUT

### BARLEY

### RYE

### Flours and products made from:

Durum	Kamut
Semolina	Einkorn
Spelt	Farro
Brewer's Yeast	Wheatberries
Triticale	Malt

## PRODUCTS THAT MAY CONTAIN GLUTEN\*

### PROCESSED FOODS & SNACKS

Deli meats  
Sausages  
Bacon  
Tofu  
Jerky  
Sushi



Instant coffee  
Chocolate  
Energy bars  
Potato chips  
Hot chocolate drinks  
Licorice  
Candy and mints

Stock/broth/boullion  
Tofu  
Miso  
Crabmeat, imitation  
Patés  
Seitan (made from gluten)

Baked beans  
Meats, canned  
Fish, canned  
Soups

Cheese with mold  
Grain alcohol  
Hydrolyzed vegetable protein (HVP)  
Hydrolyzed plant protein  
Textured vegetable protein

Deep fried foods  
Oats (unless gluten free)  
Tabbouleh  
Yougurt, frozen and flavoured  
Infant Formula



### INGREDIENTS

MSG  
Baking powder  
Thickeners and binders  
Brown rice syrup  
Citric acid  
Food colourings  
White pepper  
Spices (anti-caking agents)  
ex. onion powder

Caramel colour  
Lecithins  
Emulsifiers  
Barley malt  
Malt vinegar  
Maltodextrin  
Natural Flavours

### HOUSEHOLD ITEMS

Dish-soap  
Envelops (glue)  
Stamps (glue)  
Glue and glue sticks  
Play dough

### SAUCES & CONDIMENTS

Dressings  
Marinades  
Soy sauce  
Mustard and mustard powder  
Ketchup  
Gravy  
Sauces

### COSMETICS & PERSONAL CARE

Soaps  
Shampoo  
Lotion/hand cream  
Talcum powder  
Baby powder  
Toothpaste  
Lipstick  
Lipgloss



### OTHER

Medications  
Supplements  
Vitamin E Oil