

HIDDEN SOURCES OF GLUTEN - FOOD	HIDDEN SOURCES OF GLUTEN - NON-FOOD	INGREDIENTS THAT MAY BE CODE FOR GLUTEN
malt/malt flavoring	Shampoos	Avena sativa Cyclodextrin
Soups	Cosmetics	Dextrin
commercial bullion and broths	Lip balm/lipstick	Fermented grain extract
cold cuts/deli meat	Play-doh	Hordeum distichon
French fries (often dusted with flour before freezing)	Medications	Hordeum vulgare
Mayonnaise	Stamps and envelopes	Hydrolysate
Ketchup	Vitamins and supplements	Hydrolyzed malt extract
malt vinegar		Hydrolyzed vegetable protein
teriyaki sauces		Maltodextrin
salad dressings		Phytosphingosine extract
imitation crab meat, bacon, etc		Samino peptide complex
egg substitute		Secale cereale
Tabbouleh		Triticum aestivum
Sausage		Triticum vulgare
non-dairy creamer		Tocopherol/vitamin E
Marinades		Yeast extract
hot dogs		Natural flavoring
trail mix		Brown rice syrup
Syrups		Modified food starch
Vodka		Hydrolyzed vegetable protein (HVP)
roasted nuts		Hydrolyzed soy protein
Beer		Caramel color (frequently made from barley)