

GLUTEN

This Wheat Protein is a very common allergen. Some people have a true allergy manifesting in conditions such as Coeliac Disease, but many more suffer from intolerances, meaning it can contribute to digestive, neurological and inflammatory symptoms but might not show up as a problem using conventional medical tests.

GLUTEN GRAINS	COMMERCIAL	HIDDEN GLUTEN	SUBSTITUTES
Wheat Rye Spelt (<i>small</i>) Kamut (<i>small</i>) Barley Triticale Durum Semolina Oats commercial	Bread Biscuits, crackers Baked products Flour products Wholemeal flour White flour All-purpose flour Pasta Egg noodles Hokkein noodles Couscous Wheatbix Muesli Porridge Bran Malt Wheat starch Modified starch Beer, ale, lager Coffee substitutes Instant teas Flavoured milk	Potato chips, fries (<i>dusted with flour in manufacturing</i>) Crumbed foods Sauces (<i>thickener</i>) Salad dressings (<i>thickener</i>) Worcestershire sauce Soy sauce Teriyaki Baking powder Spice blends Cereals containing malt Licorice Some lollies Some ice-creams Processed cheeses Processed creams Processed foods Glucose syrup (<i>wheat derived</i>) Hydrolyzed Vegetable Protein MSG Dextrin Citric acid	Rice Millet Quinoa Amaranth Buckwheat Corn Teff Sorghum Tapioca Potato flour Nut & Seed flours Coconut flour Bean flours Pea flours Cassava Oats uncontaminated Muesli GF Agar Guar gum Gelatin Xanthan gum Arrowroot Tamari Fresh herbs & spices Bouillon stock powder May be OK: Spelt Kamut

GLUTEN **may** also be found in the following foods:

- Bologna, Cold meats, Salamis, Hams, Bacon, Sausages
- Flavourings, spices, MSG, additives
- Vanilla
- Ketchup and mustard
- Some binders, fillers, excipients (check supplements)
- Corn via cross contamination of zeins and gluten

Always read the labels. Just because a product says CORN FLAKES doesn't mean there isn't any gluten added into the product during manufacturing. You'll be surprised how many time gluten futures on product labels.