

Hidden Grains



Grain and gluten content may or may not be clearly indicated on a label. Make sure to read labels carefully and contact manufacturers with questions.

INGREDIENTS

- MALTODEXTRIN
sweetener from corn, rice, tapioca
- GLUCOSE
sweetener from wheat, corn, tapioca
- DEXTROSE
sweetener from corn, rice, tapioca
- MALTOSE
sweetener from corn
- MALT*
flavor or extract from wheat, barley
- XANTHAM GUM
binder from corn
- YEAST EXTRACT*
flavoring from barley
- CARAMEL COLOR
flavoring from corn
- BAKING POWDER
often contains corn starch
- FOOD STARCH
binder from corn
- VEGETABLE STARCH*
generally from wheat, rice, corn, potato, tapioca
- VEGETABLE/PLANT PROTEIN*
generally from wheat, corn, soy, pea, peanut
- CORN OIL
may not have much grain protein remaining, but often rancid from processing/heating

FOODS

- VINEGAR
may be from corn or rice (look for those from apple cider or wine)
- SOY SAUCE*
from roasted wheat or grains (look for GF tamari or coconut aminos)
- ALCOHOL
beer, ale, whiskey, vodka, and gin often from grains (look for wine, tequila, or potato vodka/gin)
- BREAD & BAKED GOODS*
usually contain grains (look for grain-free alternatives)
- CONDIMENTS & DRESSINGS
may use grain-based vinegars, starches, or sweeteners
- GRAVIES, BROTHS & SOUPS*
most use corn or wheat starches
- LUNCH MEAT & HOT DOGS*
often contain grain-based fillers, bulking agents, and sweeteners
- IMITATION SEAFOOD*
usually made from hydrolyzed wheat protein
- CARAMEL, LICORICE, & GUMMIES*
often contain wheat ingredients
- SUPPLEMENTS
fillers & flavors can be made with grain (and may not be listed)

**often contains gluten, look for certified GF label (wheat is required to be listed as an allergen, but gluten is not)*