



# 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)*