

The less obvious sources of Gluten in your diet



by Julie O'Connell-Seamer

Apart from wheat and oats, what are the other, less obvious sources of gluten?
You might be surprised to realise gluten has quite a far reach in the food realm:

Hot Chips - the oil is often unsuitable if used to fry wheat-based crumbed and battered foods. Check the chips aren't coated in flour prior to cooking too.

Salt - use plain salt, as chicken/seasoned salts often contain gluten

Roast Chickens - purchase those without stuffing only. Removing the stuffing may not be sufficient as it is cooked through the chicken. Also check seasonings on the skin.

Small goods/Processed Meats - these contain cereal binders. Check these for presence of gluten.

Icing Sugar - icing mixture often contains wheaten cornflour. Pure icing sugar must be used.

Soya sauce & soy products - often contains gluten. For an organic wheat-free alternative try Tamari which is naturally fermented and lower in salt.

Malted Cereal Drinks - also contain gluten.

Wafers - are made from wheat (look for rice wafers).

Hot chocolate drinks - many contain wheat starch. If you're a cappuccino drinker ask to hold the sprinkled chocolate on top.

Seafood extender (imitation crab mix) - often contains gluten and is found in seafood salad, marinara mix and sushi roll fillings.

Yeast extract spreads - choose gluten-free varieties only.

Corn and rice-based breakfast cereals - may contain malt. Check labels.

Medications and supplements - many contain gluten. If prescription medication contains gluten and an equally efficacious gluten-free alternative isn't available, continue with your script as the

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amount of gluten present, if any, will be minimal and healthy priority goals may over-ride this issue.

Monitor reactions closely.

I have a great array of gluten-free and excipient free therapeutic grade supplement options too.

Retail bought vitamins and health products are less "clean" and may compromise your health goals if you are trying to manage food sensitivities and chemical intolerance.

Savoury snacks - be aware of added seasonings on rice crackers etc.