

Medical Herbalism

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Hidden Sources of Gluten

It can be a challenge in this world to completely avoid the gluten protein, but for people with serious sensitivities and allergies, it is of the utmost importance to be pro-active about finding foods that are gluten-free. By becoming familiar with common hidden sources, one can develop a diet that is free of even trace amounts of gluten, which can dramatically improve the quality of daily life. Developing a habit of reading all labels and always asking about ingredients when eating out is paramount in staying gluten free. Here are some ingredients to avoid:

- ∞ **Vinegars**- Avoid: white and grain vinegars. Red wine vinegar may contain gluten. Safe: apple cider, white wine, rice, and balsamic vinegars.
- ∞ **MSG/HVP/TVP**- Avoid all hydrolyzed vegetable proteins.
- ∞ **Natural Flavors**- Can contain gluten, check with manufacturer.
- ∞ **Caramel color**- found in many sauces/marinades and processed food including Worcester sauce and barbeque sauces.
- ∞ **Soy sauce**- look for wheat-free tamari.
- ∞ **Miso powder**- contains barley and soy sauce.
- ∞ **Nutritional yeast**- Avoid all yeast except baking yeast that states it is from a GF source.
- ∞ **Rice syrup**- contains barley malt.
- ∞ **Candies**- Gluten flour or starches are used on conveyor belts.
- ∞ **Red wine**- Colorants used in red wine may contain gluten. Some organic wines are safe, check with manufacturers.
- ∞ **Alcohol**- Avoid: beer, whisky, most vodka, some brandy, malt liquors, most red wine, fortified alcohols, and gin. Safe: 100% potato vodka, white wine, tequila, most rum, and double distilled grain alcohols (everclear used to make tinctures).
- ∞ **Annatto**- Yellow colorant used in cheese and other products, frequently processed using gluten sources.
- ∞ **Blue cheese**: Avoid aged cheeses which may use gluten to culture.
- ∞ **White sticky rice (glutinous rice)**- Avoid white sticky rice in sushi and other Asian cuisines. Added gluten makes this rice sticky. Some brown rice may have gluten added in restaurants.
- ∞ **Spelt, teff, kamut**- These are often advertised as gluten-free grains, but are actually low-gluten.
- ∞ **Seitan**- Avoid! This is 100% wheat gluten.
- ∞ **Supplements/pharmaceuticals**- Look for products that advertise to be gluten-free. Ask your pharmacist about pharmaceutical ingredients.
- ∞ **Contamination**- Avoid: products that are processed in a facility with gluten (many labels will alert about contamination). Be cautious of bulk bins, as contamination is easily possible. Kitchen contamination is frequent, if possible, do not live in a place where gluten is cooked/consumed in the kitchen. Have caution eating out at friends' houses.

Compiled by Amy Cranmer, C.H. 2006