

Gluten - Hidden Food Sources and Cross Contamination

Avoiding gluten is not as simple as just turning away bread, cookies and pasta. People with gluten issues vary in sensitivity levels. Some people are okay as long as they stay away from ingestion of large amounts of gluten, while others can react to very small traces. Be sure to check the labels on the following possible sources:

- Hot dog wieners/sausages
- Frozen burgers (beef, chicken, fish, veggie)
- Seasoned or dry roasted nuts
- Pumpkin and sunflower seeds
- Potato Chips (certain brands/flavours)
- Cheese spreads
- Soups, broths, bouillon cubes
- Worcestershire sauce
- Baking Powder
- Soy Sauce
- Canned Cake Frosting
- Candies and chocolate
- Regular beer, ale and lager
- Baked Beans
- Sauces/Marinades/Salad Dressing
- Specialty prepared mustards
- Cooking spray
- Malt Vinegar
- Some natural flavours
- Anything with malt
- Ice Cream (some flavours)
- Food starch
- Seasoning/spices
- Hydrolyzed Vegetable Protein
- Licorice
- Cocoa Powder
- Yeast extracts

Notes on Which Alcoholic Beverages are Safe:

- Wine, rum, tequila, and sake are usually safe as their alcohols do not generally come from toxic grains. Some vodkas are also okay. However, as with any other ingested product, you should gauge your reaction and learn as much about your favored brands as possible.
- Grain alcohols are one of those controversial items. While the distillation process should leave no room for glutes to wind up in the end product, many celiacs do report problems with ingestion. (One theory is that some of the original "mash" may be added back in at the end of the process for flavor. This is worth researching with the manufacturer of your favorite product.)
- Many liquors are made with grain alcohol and so may be suspect. Whiskey, bourbon, gin and rye are definitely off the list, since they are made with rye and barley. Beer, too, must be avoided, since malt (usually from barley) is an ingredient. Even rice beers use malt.

Here are some sources of cross contamination:

- Dips at events where people are dipping non-gluten free crackers/bread
- Spoons/tongs at a buffet/party going between gluten free and non gluten free items
- Ideally have separate bottles for gluten/non-gluten family members. If you are sharing squeeze bottles for ketchup, mustard, mayo, etc., take care not to touch regular buns/bread with the nozzle and wipe them down thoroughly after exposure to gluten foods
- Bread makers for gluten containing bread

- Foods fried in the same oil as gluten containing foods (i.e. fries that are fried in the same oil/fryer as chicken fingers)
 - Sifters that have previously been used for regular flour
 - Lipstick/cosmetics/creams
 - Oven mitts that may have touched gluten containing baked goods
 - Inadequate hand washing between preparing and serving gluten containing and gluten free foods
 - Inhalation of flour while baking or in places with a lot of airborne flour (pizzerias/bakeries)
 - Cigarettes – the papers/glues sometimes have gluten
 - Sharing drinks/food with someone who ate or drank gluten
 - Kissing someone who ate or drank gluten
 - Be careful when washing dishes with kitchen sponges/dishcloths – traces of gluten in the kitchen sink can trigger a reaction
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- Cutting boards and porous surfaces
 - Toaster – it is best to have a separate gluten free toaster or toaster oven
 - Licking envelopes/stamps – the glue can have gluten
 - Food on the same tray as gluten containing food
 - Keep gluten free food on the top shelf of the fridge or cupboard so gluten foods won't spill on gluten free foods
 - Play dough is primarily made from wheat flour
 - Cross contamination is a major issue at bulk stores because scoops get moved around by customers, so only use pre-packaged gluten free flour if you are very sensitive
 - Pet food – many are made with grains, so touching it, or having your pet drool on or kiss you can expose you
 - Don't be afraid to ask many questions when out at restaurants. Make sure they don't prepare your food using the same pans/pots/utensils/grill as gluten containing foods without proper cleaning.