Common Foods that Contain Gluten

**Pastas**

* raviolis, dumplings, couscous, and gnocchi

**Noodles**

* rice noodles and mung bean noodles are gluten free

**Breads** **and** **Pastries**:

* croissants, pita, naan, bagels, flatbreads, cornbread, potato bread, muffins, donuts, rolls

**Crackers**

**Baked Goods**

**Cereal** & **Granola**:

* **corn flakes** and **rice puffs** often contain malt extract/flavoring, granola often made with regular oats, not gluten-free oats

**Breakfast Foods**:

* pancakes, waffles, french toast, crepes, and biscuits.

**Breading & Coating Mixes**:

* panko breadcrumbs

**Croutons**:

**Sauces** & **Gravies** (many use wheat flour as a thickener)

**Flour tortillas**

**Beer** (unless explicitly gluten-free) and any **malt beverages**

**Brewer’s Yeast**

Foods that May Contain Gluten, Check Labels

**Energy bars/granola bars**

**French fries**

* be careful of batter containing wheat flour or cross-contact from fryers

**Potato chips**

* some potato chip seasonings may contain malt vinegar or wheat starch

**Processed lunch meats**

**Candy and candy bars**

**Soup**

* pay special attention to cream-based soups, which have flour as a thickener. Many soups also contain barley

**Multi-grain or “artisan” tortilla chips or tortillas that are not entirely corn**

**Salad dressings and marinades**

* may contain malt vinegar, soy sauce, flour. Starch or dextrin if found on a meat or poultry product could be from any grain, including wheat

**Brown rice syrup**

* may be made with barley enzymes

**Meat substitutes made with seitan**

**Soy sauce**

* (though tamari made without wheat is gluten-free)

**Self-basting poultry**

**Pre-seasoned meats**

**Cheesecake filling**

* some recipes include wheat flour

**Eggs served at restaurants**

* some restaurants put pancake batter in their scrambled eggs and omelets, but on their own, eggs are naturally gluten-free

List of Foods found at: <https://celiac.org/live-gluten-free/glutenfreediet/sources-of-gluten/>