

Unexpected Sources of Gluten

10 Surprising Foods Which May Contain Gluten



CANADIAN CELIAC ASSOCIATION

Gluten is a protein found in wheat, barley, rye, triticale, and derived grains. Some well-known foods contain gluten, such as bread and pasta. However, gluten is found in some unexpected foods too, with some examples listed below. It is important to remember that not all variations of these foods contain gluten (i.e. not ALL chocolate contains gluten) but some do.

The best way to know if a food contains gluten is by reading the ingredient list.



Chocolates, Candies & Ice Creams

Some chocolate, candy and ice cream brands contain gluten, while others do not. It is best to read the ingredient list.



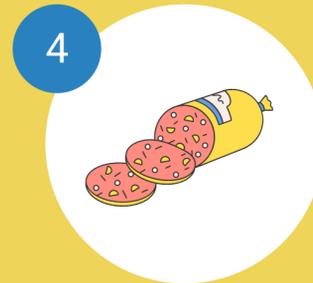
Seasoning mixes

Individuals herbs and spices do not usually contain gluten, but blends sometimes do. Check the ingredient list.



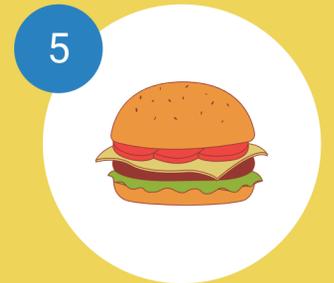
Condiments & Salad Dressings

Some products like mustard and marmite usually contain gluten or in ketchup, wheat-derived vinegar may be used.



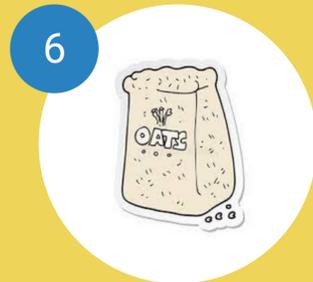
Deli Meats / Processed Meats

Plain meat is naturally GF. However, deli meats often contain binders or flavourings which may contain gluten.



Meat Substitutes

Some veggie burgers and sausages contain seitan, a wheat-derived ingredient. Always check the label.



Oats

While oats are naturally GF, they are at high risk of being cross-contaminated with gluten. Only oats labelled GF are advised.



Soy Sauce

Soy sauce is made from fermented wheat. Therefore, choose GF soy sauce or GF tamari soy sauce.



Potato Chips & French Fries

Flavoured chips may contain gluten. Fries can be cross-contaminated with gluten from other foods when cooking.



Alcohol & Other Beverages

Beer and malt-based beverages may contain gluten. Distilled alcohol is GF. Wine is naturally GF. Learn about [alcohol and labelling](#) here.



Soups & Gravies

Soups and gravies often use thickeners, such as flour, which contain gluten. This will be listed in the ingredients.

Tips to Avoid Unexpected Sources of Gluten

1 Look for a gluten-free (GF) claim. A product that has a GF claim is safe to consume. Please refer to Health Canada's Resource on Gluten-Free Claims for more information.

2 Read the ingredient list. Barley, rye, oats and wheat (BROW) are clear examples that contain gluten. Other ingredients are less clear, like malt extract. The [GF 24/7 app](#) lets you search ingredients and identify if they contain gluten.

3 Use the CCA product finder. [The Gluten-Free Product Finder](#) allows you to search GF products to empower your food choices. There are nearly 3,000 gluten-free certified products available in the search engine.

4 Refer to the CCA labelling resource. [The Food Labelling: Guidelines for Individuals with Celiac Disease Following a Gluten-Free Diet](#) is a trusted resource for gluten-related labelling questions.

5 Ask questions. If you are concerned about a product, reach out to the CCA or post in the [CCA Facebook Support Group](#). A motto to remember: when in doubt, leave it out!