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Wolters Kluwer

Foods and products that may contain gluten

Frequently overlooked foods that may contain gluten and need to be verified:	NOT ALLOWED in any form:
Brown rice syrup	Wheat (einkorn, durum, faro, graham, kamut, semolina, spelt)
Breading and coating mixes	Rye
Croutons	Barley
Energy bars	Triticale
Flour or cereal products	Malt, malt flavoring, malt vinegar (are generally made from barley; verify the source)
Imitation bacon	
Imitation seafood	
Marinades	
Panko (Japanese bread crumbs)	
Pastas	
Processed luncheon meats	
Sauces, gravies	
Self-basting poultry	
Soy sauce or soy sauce solids	
Soup bases	
Stuffings, dressing	
Thickeners (roux)	
Communion wafers	
Herbal supplements	
Probiotic products*	
Drugs and over-the-counter medications	
Nutritional supplements	

Vitamins and mineral supplements
Play-Doh, crayons, paint, glue, paper mache – A potential problem if the child puts their hands on or in the mouth while playing; wash hands after using these products

* In 2015, a study of 22 commonly used probiotics revealed that 12 (55%) contained gluten, including 2 that were labeled gluten-free despite containing gluten levels higher than the 20 parts per million required for gluten-free labeling.^[1]

1. Nazareth S, Lebwohl B, Voyksner JS, Green PH. Widespread Contamination of Probiotics With Gluten, Detected by Liquid Chromatography-Mass Spectrometry. *Gastroenterology* 2015; 148:S28.

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