

Top 10 Sneaky Sources of Gluten

1. Soy Sauce

-> Most contain wheat. Opt for gluten-free tamari.

2. Salad Dressings & Marinades

-> Often include wheat-based thickeners.

3. Processed Meats

-> Can contain wheat or barley fillers.

4. French Fries

-> May be fried in oil shared with gluten items.

5. Soups & Broths

-> Commonly thickened with wheat flour.

6. Licorice & Chewy Candies

-> Wheat flour is used for texture.

7. Imitation Crab

-> Often uses wheat-based binders.

8. Communion Wafers

-> Traditionally made with wheat.

9. Medications & Supplements

-> Inactive ingredients may contain gluten.

10. Oats (Non-Certified)

-> Often cross-contaminated with wheat.

