

GLUTEN FREE QUICK GUIDE



AVOID

For gluten free dining, be alert to these common ingredients that **MAY** contain gluten:

- Wheat, including wheatberries, durum, semolina, spelt, farina, farro, graham, kamut, hydrolyzed wheat protein, wheat germ, wheat bran, wheat starch
- Barley
- Rye
- Triticale
- Malt, including maltose, malted milk, malt vinegar, beer
- Oats, oat bran, oat flour
- Brewer's yeast
- Traditional soy sauce

This is a partial list only.

These foods MAY contain gluten.



HIDDEN SOURCES

These foods **MAY** contain gluten. **Read the label carefully.**

- Veggie burgers (unless labeled "gluten free")
- Imitation seafood, imitation bacon bits
- Pasta (unless labeled "gluten free")
- Brown rice syrup
- White sauce made with a roux
- Gravy made with wheat flour
- Salad dressings, sauces, and marinades – may contain malt vinegar, soy sauce, flour
- Energy bars/granola bars – some bars may contain wheat as an ingredient, and most use oats that are not gluten free
- Processed lunch meats
- Processed sour cream, yogurt
- Candies, chips, snack foods
- Soups and soup bases (unless labeled "gluten free")



PROTECT DINERS

- Read labels on all foods, including energy bars, lunch meats, salad dressings, seasoning mixes, dessert mixes, soup bases, and other less obvious sources of gluten.
- Ideally, maintain separate gluten free production areas.
- Observe all procedures for preventing cross contamination, including separate storage areas, separate preparation areas, and cleaned and sanitized food contact surfaces.
- Separate and protect gluten free foods throughout the flow of food.
- Cover gluten free pizza dough to prevent airborne contamination from wheat flour.
- Maintain separate toasters for gluten free bread products.
- If you use any gluten-containing batter in fryers, maintain a separate fryer for gluten free frying.



Did you know?

Food labeling laws in the U.S. require that processed food labels identify wheat, but these foods are not necessarily free of all sources of gluten. The terms "Wheat free," "Organic," or "Non-GMO" do NOT mean Gluten Free. Maltodextrin is considered gluten free because of the processing it undergoes. Reasonable accommodation of diners with celiac disease or severe food allergies is required by law through the Americans with Disabilities Act.