

# GLUTEN-FREE DIET INFORMATION



## GLUTEN IS FOUND IN:

- WHEAT
- BARLEY
- RYE
- OATS\*

\*unless GF

To avoid intestinal damage, people with celiac disease cannot ingest even small amounts of gluten including all derivatives of wheat-based grains such as kamut, spelt, semolina and triticale.

[www.nationalceliac.org](http://www.nationalceliac.org)

## Potential Sources of Gluten Include:

- Baked goods
- Batter
- Bread
- Breeding/coating mixes
- Broth
- Croutons
- Flours
- Hydrolyzed wheat protein
- Imitation seafood
- Imitation bacon
- Marinades
- Malt/malt flavoring
- Modified wheat starch
- Pasta
- Sauces
- Self-basting poultry
- Shared fryolator oil
- Soy Sauce
- Stuffing
- Thickeners/roux

**PLEASE CHECK ALL LABELS, AND PREPARE FOODS WITH CLEAN EQUIPMENT AWAY FROM GLUTEN-CONTAINING FOODS.**