

# Eight Surprising Sources of **GLUTEN**

Gluten is a protein found in wheat, barley, rye and products made from these grains. Many foods that contain gluten provide fibre from whole grains and can be an excellent source of vitamins and minerals. However, for some, gluten can cause unpleasant or severe digestive issues that may lead to nutrient malabsorption and other health problems.



## **Soy Sauce**

Soy sauce is made with soybeans that are steamed, fermented and aged, often with the addition of wheat for aroma and a bit of sweetness. Gluten-free variations are available.



## **French Fries**

Many of the foods cooked in a fryer are coated in a batter that contains wheat flour. So fries can get cross-contaminated with gluten by getting fried in the same oil.



## **Pickles**

Some pickles are made in malt vinegar which is made directly from ale, which contains wheat.



## **Ice Cream**

Although many brands are gluten-free, some may contain wheat ingredients like wheat starch, malt, and some artificial colors and flavors.



## **Corn Flakes**

Corn flakes, though they sound like they should be a safe option, often contain malt extract or flavoring. So unfortunately they contain gluten.



## **Peanut Butter**

Many brands of peanut butter contain additives like malt sugars, which contain traces of gluten.



## **Soup**

A number of soups contain barley which is a grain that contains gluten, and in a number of cream based soups, wheat is used as a thickener.



## **Ricotta Cheese**

Many types of ricotta cheese contain a grain-based vinegar which is a source of gluten.

Sources: <http://www.businessinsider.com/surprising-foods-with-gluten-2015-11/#ground-spices-4>; <https://www.cheatsheet.com/culture/surprising-foods-unexpectedly-contain-gluten.html?a=viewall>; <http://www.womenshealthmag.com/food/surprising-foods-with-gluten>



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