



# Common Sources of Gluten

## 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, however, for some people gluten causes digestive problems.

The HLA genes are responsible for how the immune system distinguishes between the body's own proteins and foreign, potentially harmful proteins. This makes the HLA genes the most important genetic predictor of gluten intolerance in research to date.

Major Sources	Hidden Sources
Bread	Salad dressing
Pasta	Pudding
Cereal	Imitation crab
Crackers	Vegan meat substitute
Oats*	Potato chips
Baked goods	French fries
Malt	Soup stock
Soy sauce	Chocolate and candy
Gravy	Processed meat
Barley or wheat-based beer	Canned soup
Vinegars	Instant rice
Wheat - incl. rye, spelt, and barley	Ice cream

Visit the recipe hub on our website [www.rmalab.com](http://www.rmalab.com) to print off recipes for delicious gluten-free dishes.