

## Foods with Gluten

Sausages - <i>often contain rusk (and the machines used to make them are often cleaned out with bread)</i>	Luncheon meat - may contain fillers	Blue cheeses (may be made with bread)
Gravy powders and stock cubes such as OXO cubes	Matzo flour/meal	Shredded suet in packs (flour is normally used to keep the strands separate)
Seitan (doesn't contain gluten, it IS gluten!)	Hydrolyzed Vegetable Protein (HVP)	Baked beans (there may be gluten in the tomato sauce)
Farina	Meat and fish pastes	Pates and imitation crab meat
Self basting turkeys	Sauces - often thickened with flour	Communion wafers
Soups - may be roux based (made with flour)	Mustard - dry mustard powder contains gluten	Instant coffee - may be bulked out with flour
Brown rice syrup	Cheap brands of chocolate	Potato crisps/chips - some are OK, read the ingredients!
Soy sauce - only Tamari is OK	Drinking chocolate	Licorice
Chutneys and pickles	Salad <a href="#">dressings</a>	Curry powder and other spices (can be bulked out with flour)
White pepper	Malt vinegar	Play Dough
<a href="#">Supplements</a>	Some toothpastes	Some lipsticks

Pretzels	Cakes	Stuffings
Muffins	Pastry or pie crust	Pancakes
Biscuits or cookies	Pasta - macaroni, spaghetti, etc.	Crispbreads
Bulgar wheat	Durham	Crumble toppings
Couscous	Pizza	Semolina
Scones	Anything in breadcrumbs	Some breakfast cereals
All Bran	Sponge puddings	Bread crumbed ham
Barley water drinks	Malted drinks, such as Horlicks	Muesli