



99 SURPRISING FOODS WHICH HAVE GLUTEN


HealthGlade
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- Alcohol (Grain)
- Artificial Colors
- Baked Beans
- Baking Powder
- Beauty Products
- Beer
- Bleu Cheese
- Body Lotions
- Bouillon Cubes
- Brown Rice Syrup
- Candy Bars
- Caramel
- Cereals
- Cheese
- Cheesecake Filling
- Chewing Gum
- Chocolate
- Chutney
- Citric Acid
- Coffee (Instant)
- Coffee Creamers
- CommunionWafers
- Cornbread
- Corn Chips
- Corn Flakes
- Corn Starch
- Couscous
- Cream Sauce
- Deli Meats
- Dental Plastics
- Dental Sealants
- Dried Fruits
- Energy Bars
- Envelopes
- Granola
- Gravy
- Ground Spices
- Flavored Teas
- French Fries
- Frozen Vegetables
- Hairspray
- Hard Candy
- Herbs (Packets)
- Homeopathic Meds
- Hot Chocolate
- Hot Dogs
- Ice Cream
- Imitation Seafood
- Jams & Jellys
- Jelly Beans
- Laundry Detergent
- Licorice
- Lip Balms
- Lipstick
- Makeup
- Malt Flavoring
- Matzo
- Mayonnaise
- Meat Substitutes
- Medications
- Mouthwash
- MSG
- Mustard
- Nut Milks
- Nuts (Roasted)
- Pasta Sauces
- Pate
- Pickles
- Play Dough
- Potato Chips
- Preserved Meats
- Rice Puffs
- Salad Dressings
- Salami
- Sausages
- Sauce & Ketchup
- Seasonings
- Self-Basting Turkey
- Shampoo
- Skin Care Products
- Smoke Flavoring
- Soap
- Soups
- Soy Sauce
- Stamps
- Stock (For Cooking)
- Sunscreens
- Supplements
- Sushi
- Tea Bags
- Teriyaki Sauce
- Toothpaste
- Veg. Cooking Spray
- Veg. in Sauce
- Vinegar
- Vitamins
- Wine Coolers
- Yeast Extract
- Yoghurts

Wow, that is quite a list... and I know what you are thinking. How on earth could some of those products contain gluten? Well, it's hard to find an as-is product on the supermarket shelves today.

Herbs and spices, seasonings, and even cheese use anti-caking agents which are often made with gluten. The flavorings on everything from potato and corn chips to teas can contain gluten.

Liquid foods like soups, sauces, and gravies, use gluten in their thickeners. Pharmaceutical medications, as well as vitamins and supplements, use gluten in their binders.

Gluten is also in emulsifiers and stabilizers. This is why it is contained in many beauty products and skin lotions. Which brings up an important point. Just because a product is not eaten, it can still be dangerous if it contains gluten and is used on the skin, or even if inhaled.

In fact, there have been studies which tested women's beauty products that contained gluten, versus ones that didn't, on the skin of women who had known gluten sensitivities. They proved that the gluten in beauty products could cause a reaction, which makes sense, because anything put on the skin can be absorbed.

It is also important to note that all items on the list above contain gluten 100% of the time. It all comes down to quality. Ice cream for example, may be 100% natural, or may be a cheaper version made with 50% chemicals and additives, of which many contain gluten.

If you want to avoid gluten, take a VERY close look at the food labels in the future, and be aware that sometimes they don't list all the ingredients. So, follow this list and exercise caution with all foods.

For further information on gluten, as well as other hidden food dangers, please visit HealthGlade.com