

HIDDEN SOURCES OF



GLUTEN



Pickled Beet™

www.thepickledbeet.com | 305-388-3536

FINDING THE HIDDEN SOURCES OF GLUTEN

If you follow a gluten-free diet, you're probably already well aware of the obvious sources of gluten such as breads, pastas, and – sadly – beer. But, did you know that there are numerous places where you can ingest or come into contact with gluten?





GLUTEN IN OUR FOODS

Some foods contain gluten because of their chemical makeup, and others have the potential to be gluten free, but it depends on how they are processed. We've noted with an asterisk those items which are sometimes gluten free depending on how they were produced.

Baking powder*
Barley
Bicarbonate of Soda
Bouillon
(powdered)*
Bleached Flour
Blue Cheese*
Bread Crumbs

Brewer's Yeast
Broth*
Carmel Flavoring*
Couscous
Curry Powder
Farro
Malt Vinegar
Miso

Mustard Powder
Oatmeal
Pasta*
Smoke Flavor
Soy Sauce*
Spices with multiple
ingredients

**Some gluten-free versions are available*



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GLUTEN IN OUR HEALTH CARE PRODUCTS

Do you take supplements or medications? You might also be dosing yourself with gluten. Watch out for these ingredients.

Alcohol
Caramel Color
Citric Acid
Dextrin
Dietary Fiber
Maltodextrin
Oat Bran
Oat Fiber
Rye Grass
Sodium Starch Glycolate
Wheatgrass
Xanthan Gum
Yeast





GLUTEN IN OUR HOMES

It's surprising how many common household items may have gluten. Some of them contain gluten or a gluten-related ingredient and some come into contact with gluten ingredients during processing.

Not all brands of these products have gluten, but if you have Celiac disease or extreme sensitivity, you should check labels carefully.

Charcoal Briquettes
Dish Soap
Drywall
Envelopes

Face Paint
Finger Paint
Hand Soap
Household Cleaners

Latex Gloves
Pet Food
Pet Litter
Stamps





GLUTEN IN OUR DRINKS

By now, you probably need a cocktail, but choose carefully – many are manufactured with gluten ingredients.

Anything that includes wheat, barley, rye, or oats is a no-no. Here are some

Beer (some GF versions available)
Vodka made from grains (corn and grapes are okay)
Gin
Rye
Sake
Scotch
Whiskey



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WE TAKE THE WORRY OUT OF MEAL TIME

At The Pickled Beet, we custom craft your meals from scratch, so you can enjoy delicious food confident that you won't be exposed to your allergens, no matter what they are. We have adapted your favorite meals to be gluten free so you can relax and enjoy dining again.



It's our mission to create a healthier and easier path for you through food.

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