



# 7 Top Hidden Gluten Sources



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1. Processed lunch meats
2. Salad dressings and marinades – may contain malt vinegar, soy sauce, flour
3. Starch or dextrin if found on a meat or poultry product could be from any grain, including wheat
4. Soy sauce (though tamari made without wheat is gluten-free)
5. Eggs served at restaurants – some restaurants put pancake batter in their scrambled eggs and omelets, but on their own, eggs are naturally gluten-free
6. Potato chips – some potato chip seasonings may contain malt vinegar or wheat starch
7. Meat substitutes made with seitan (wheat gluten) such as vegetarian burgers, vegetarian sausage, imitation bacon, imitation seafood (Note: tofu is gluten-free, but be cautious of soy sauce marinades and cross-contact when eating out, especially when the tofu is fried)

