

IDENTIFY GLUTEN

ON FOOD LABELS

For More Info Visit: Tayler.Silverduk.us

1 CHECK THE **ALLERGY WARNING**

This will save you the most time by far.

Always, ALWAYS check the allergy warning on packaged goods to see if it contains wheat with out having to read the entire ingredient list.

(or is processed on the same equipment)



2 READ THE **INGREDIENT LIST**



Scanning the ingredient list for the following can help you identify if gluten is present. (Identifying that it's wheat-free is not enough)

INGREDIENTS TO WATCH OUT FOR:

- Triticale
- Malted Milk
- Malt Extract
- Malt Syrup
- Malt Flavoring
- Malt Vinegar
- MSG
- Barley
- Rye
- Wheat
- Durum
- Semolina
- Spelt
- Farina
- Farro
- Graham
- Malt
- Miso
- Caramel Color
- Bouillon Cubes
- Stock Cubes
- Maltodextrin
- Artificial Flavor
- Soy Sauce
- Dextrin
- Maltose
- Smoke Flavor