

Risk of Containing *Gluten*

Risk Chart

LOWEST RISK

- Fruits
- Vegetables
- Eggs
- Fresh meat, poultry, fish
Ask meat expert behind counter to make sure equipment is clean & meats are gluten free
- Dairy Products
- Oils/Fats
- Gluten Free Grains
Rice, Quinoa, etc.
- Oats*
- Nuts*
- Beans*
- Seeds*
- Vaccines

LOWER RISK

- Prescription Meds
- OTC Medications
- Toothpaste
- Mouthwash
- Cosmetics
- Lip Care products
- Chewing gum
- Vinegars
Except malt vinegar which contains gluten
- Vanilla extract
- Condiments
Ketchup, mustard, BBQ sauce, mayo, tartar sauce, peanut butter, honey, jam, jelly, salsa, relish, pickles

MODERATE RISK[∞]

- Candy/Candy bars
- Chips
- Trail mix/nut mixes/flavored nuts
- Sauces/gravies
- Processed spreads & cheeses
- Marinades
- Salad Dressings
- Dips
- Ground coffees
- Hot cocoa mixes

HIGHER RISK[∞]

- Processed Meats:
Imitation crab, sausage, salami, jerky, bacon bits, hot dogs, cold cuts
- Broth/bouillon
- Soups/soup mixes
- Spice mixes
Single spices OK
- Soy sauce
- Highly processed foods with long list of ingredients

HIGHEST RISK[≠]

- Wheat flour
- Bread
- Cereal
- Cookies
- Crackers
- Pretzels
- Pasta
- Baked goods
- Croutons
- Granola bars
- Tortilla wraps
- Communion Wafers
- Play Doh
Avoid in small children who put hands in mouth
- Beer
- Licorice
- Restaurant Foods

* Naturally gluten free but easily cross-contaminated. Look for gluten free varieties or call manufacturer to check for presence of gluten.

[∞] If not labeled gluten free consider calling the manufacturer to check for the presence of gluten

[≠] Look for gluten free varieties of all these products



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