

## FOODS WHICH CONTAIN WHEAT AND GLUTEN

Bread and bread products like rolls and bagels etc.  
Rye bread, Pumpernickel, most sprouted breads  
Pretzels, Cakes, Cookies, Doughnuts, Biscuits, Muffins, etc.  
Pies and pie crusts, stuffing, pancakes, Breadcrumbs  
Pasta and macaroni in all its shapes and sizes  
Red wheat, Durham wheat, Semolina, Couscous, Bulgar  
Crumble topping, pie toppings  
Fried foods that have been Breaded or coated  
All bran, sponge cakes and Sponge puddings  
Malted drinks  
Cereals both hot and cold often contain wheat or gluten  
Muesli, farina and many trail mixes  
Any food made with Soy Sauce  
Any food in Asian restaurant containing Mock meats  
Any food containing Seitan which is PURE Gluten

### **A HINT From DAVID**

I buy one of the few high class soy sauces called **Tamari** sauce. It is available organic, wheat/gluten free and aged or fermented. There are a few brands, I use Ohsawa Organic Gluten free. I keep some in a 2 or 4 ounce glass bottle in my glove box, then I tell the wait person that I am **Allergic** to soy sauce, please make my dish without it and then I add my own.

## Foods which may contain Hidden Wheat or Gluten

Sausages and sausage patties  
Some luncheon meats (it is used as a filler during manufacturing)  
Most gravies and sauces (it is used as a thickening agent)  
Blue Cheese (may be made with bread or bread mold)  
Bullion mixes and cubes  
Baked Beans  
Any sauce or gravy may be thickened with flour (wheat)  
Some alcoholic drinks  
Many canned or fresh restaurant made soups (thickened with flour)  
Brown rice syrup  
Some instant coffees  
Some mustard products  
Some cheaper chocolates  
Chutney and pickles  
Salad Dressing  
Some packaged chips (check for gluten free or read ingredient list)  
White Pepper  
Malt vinegar  
Many mixed spices and curries  
Play Dough  
Some nutritional supplements, toothpastes and Ipisticks  
Some pharmaceutical products  
Many lotions, shampoos and conditioners (thickened wheat protein)

The word ALLERGY is your best friend when you dine at restaurants, since it makes your server MUCH more careful about listening to you. They simply don't want to have to call an ambulance or the paramedics if you have a major reaction to one of their foods. This is so true, that I have had a number of servers, after they first checked with the cook or chef, tell me not to eat any of their food, when I said I was allergic to MSG, since they apparently use it in everything. I am not really allergic to MSG. It is a nerve poison similar in poisoning activity to NutraSweet® and it makes my face go numb for 20 minutes and I simply do not want either of these poisons in my body.

Best of luck (and skill) to you in your quest to improve your health

Very Sincerely,

David Getoff, CCN, CTN, FAAIM, BCIM

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