A NOTE (from David) - Dishes which contain: Mock duck, Mock Chicken, Mock beef etc., at Asian restaurants, ARE PURE GLUTEN! Caltan These are made from a subst used in Macrobiotic recipes WHEAT GLUTEN, it is NOT

## FOODS WHICH CONTAIN

Bread and bread rolls

Biscuits or cookies

Bulgar wheat

Couscous

Scones

All Bran

Barley water drinks

Pretzels

Muffins

## FOODS WHICH CONTAIN HIDDEN GLUTEN

e from a substance called Seitan iotic recipes and Seitan is PURE N, it is NOT a soy product ICH CONTAIN GLUTEN		Sausages - often contain rusk (and the machines used to make them are often cleaned out with bread)	Luncheon meat - may contain fillers	Blue cheeses (may be made with bread)
		Gravy powders and stock cubes such as OXO cubes	Matzo flour/meal	Shredded suet in packs (flour is normally used to keep the strands separate)
Rye bread, pumpernickel	Yorkshire pudding	Seitan (doesn't	Hydrolyzed Vegetable Protein (HVP)	Baked beans (there may be gluten in the tomato sauce)
Cakes	Stuffings (click here for gluten free stuffing	contain gluten, it IS gluten!)		
	recipes	Farina	Meat and fish pastes	Pates and imitation crab meat
Pastry or pie crust	Pancakes (click here for gluten free <b>almond</b> <b>flour pancakes</b>	Self basting turkeys	Sauces - often thickened with flour	Alcoholic drinks - such as beer, ale, lager (click
Pasta - macaroni, spaghetti, etc. (Click for dishes made with <b>gluten</b> <b>free pasta</b> )	Crispbreads			here for gluten free beers)
		Soups - may be roux based (made with	Mustard - dry mustard powder contains gluten	Instant coffee - may be bulked out with flour
Durham	Crumble toppings (click for a safe, tasty <b>apple</b> crumble topping)	flour) Brown rice syrup	Cheap brands of chocolate	Potato crips/chips - some are OK, read the ingredients!
Pizza (click here for a safe pizza dough recipe)	Semolina	Soy sauce - only Tamari is OK	Drinking chocolate	Licorice
Anything in breadcrumbs	Some breakfast cereals (click here for a list of gluten free	Chutneys and pickles	Salad dressings	Curry powder and other spices (can be bulked out with flour)
Sponge puddings	breakfast cereals) Breadcrumbed ham	White pepper	Malt vinegar	Play Dough click here for a cornflour recipe
Malted drinks, such as Horlicks	Muesli	Supplements	Some toothpastes	Some lipsticks
		Some pharmaceutical products		