



HIDDEN GLUTEN & CROSS CONTAMINATION

What is Cross Contamination?

Cross contamination is when gluten comes into contact with gluten free food thus contaminating it.

For example: If the oil used to cook breaded chicken is also used to prepare French fried potatoes, cross contamination will occur.



Cross Contamination

Cross contamination is not the same thing as hidden gluten. Whereas hidden gluten can typically be found on the label, cross contamination cannot.

We tend to think of bread, cereal, and pasta as foods containing gluten. Hidden gluten is found in items we don't typically consider to be grain products.

Hidden Gluten on the Label

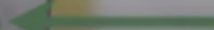
BEYOND THE LABELS

Ingredients: Enriched Corn Meal (Corn Meal, Ferrous
Corn, Soybean, or Sunflower Oil), Salt, Maltodextrin, Sugar,
Monosodium Glutamate, Autolyzed Yeast Extract, Citric Acid,
Artificial Color (Including Red 40 Lake, Yellow 6 Lake, Yellow
6, Yellow 5), Partially Hydrogenated Soybean and Cottonseed
Oil, Hydrolyzed Soy Protein, Cheddar Cheese (Milk, Cheese
Cultures, Salt, Enzymes), Whey, Onion Powder, Whey
Protein Concentrate, Corn Syrup Solids, Natural Flavor,
Disodium Phosphate, Protein Concentrate, Corn Syrup Solids,
Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey,
Onion Powder, Whey Protein Concentrate, Corn Syrup Solids,
Natural Flavor, Disodium Phosphate, Protein Concentrate,

Gluten can be
hidden!



What Does that
mean?



Cross Contamination Vs. Hidden Gluten

Cross Contamination

- Occurs during food preparation.
 - Sharing of counter top surfaces
 - Sharing of utensils (spoons and can openers)
 - Sharing of cookware
 - Breadcrumbs in salad
 - Flour for breading
 - Primarily occurs at restaurants.
 - Hand Washing

Hidden Gluten

- Refers to label ingredient terms that are not clear (i.e. MSG, maltodextrin, modified food starch).
- Refers to foods not considered to contain gluten (i.e. soups, dressings, lunch meat, etc).
- Refers to other items not considered to contain gluten (stamps, envelopes, lotions, toothpaste, etc.)

Examples of Cross Contamination & Hidden Gluten



Cross Contamination

- Old cutting boards
- Wooden utensils
- Toaster oven
- Silverware drawer
- Can openers
- Hand drying towel
- Bulk Bins at the grocery store
- Shared table

Hidden Gluten

- Stamps & envelopes
- Toothpaste
- Lipstick
- Hairspray & Shampoo
- Detergents
- Pet Food
- Medications & Vitamins
- Lotions
- Playdough
- Makeup

Hidden Gluten

Foods that obviously contain gluten are breads, pastas, and cereals. **BELOW IS A LIST OF ITEMS THAT COMMONLY CONTAIN HIDDEN GLUTEN.** The take away message here is simply this: if a food comes in a package, you should read the label very carefully. You should also take care to read the labels of hygiene products such as lotion, soap, shampoo, toothpaste, etc.

- Bouillon cubes
- Candy may be dusted with wheat flour; ask.
- Canned soups – Most are not acceptable.
- Cheese spreads & other processed cheese foods.
- Chocolate – may contain malt flavoring.
- Cold cuts, Wieners, Sausages – may have gluten due to cereal fillers.
- Dip mixes
- Dry sauce mixes
- Face powder and other topical cosmetics/lotions.

Hidden Gluten Cont.

- Honey Hams – can be based with wheat starch in coating.
- Ice Cream & Frozen Yogurt – check ingredients.
- Instant Teas & Coffees – cereal products may be included in the formulation.
- Mayonnaise – check thickener
- Mustard – Mustard powder may contain gluten
- Oil, frying – Check for cross contamination.
- Poultry and meats – Check out the flavorings and basting
- Sour cream – May contain modified food starch of indeterminate source.

Hidden Gluten Cont.

- Dry roasted nuts & honey roasted nuts
- French fries in restaurants – Same oil may be used for wheat-containing items.
- Gravies – check out thickening agent and liquid base.



Cross Contamination

What to do?

- Avoid eating out as much as possible (it is impossible to control exposure in a commercial kitchen).
- Replace your toaster oven
- Replace any wooden utensils
- Wash existing pots and pans thoroughly
- If others in the household are not gluten free:
 - Establish kitchen rules and guidelines to prevent cross contamination (i.e. use separate hand towels, counter tops, can openers, etc)

Cross Contamination at Restaurants

As a general rule, eating out is not recommended on a gluten free diet because:

1. You cannot control other peoples mistakes.
2. The food is not organic.
3. The food is radiated.
4. The meats typically come from farm raised animals fed high amounts of grain.
5. The dairy comes from the same sources as the meat.
6. Most foods are basted in sauces than contain gluten and or sugar and or hydrogenated fats.
7. It is cheaper to eat healthy at home!

Eating Out

First of all remember why you are going gluten free –
TO IMPROVE YOUR HEALTH!!

Restaurant food is not healthy!!

If you do eat out, the following guidelines are recommended:

- 1. For meat, stick with wild fish cooked plain with lemon.**
- 2. Vegetables should be ordered steamed if possible. No sauce, marinades or extras to be added.**
- 3. Avoid dessert.**
- 4. Take a gluten digesting enzyme before the meal. (Max Digest)**

Eating Out

Remember:

- Even “gluten free” restaurants are not truly gluten free.
- They will serve you substitute grains (other than wheat, barley, and rye).
- Corn, rice, millet, sorghum, etc contain gluten.
 - These grains have not been shown to be safe.
 - Many studies have shown them to be detrimental.
 - They are not served organically therefore contain chemical compounds.

