

To The Point Acupuncture



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Foods Containing Gluten and Some Substitutes

Foods Containing Gluten

Crackers
Pasta
Soy sauce
Bread
Some hot dogs with fillers
Battered foods
Some sausages
Baking mixes
Gravies & cream sauces
Beer
Barley malt
Liverwurst
Ovaltine
Whiskey/Scotch/Bourbon

Gluten-Free Substitutes

Corn, rice, quinoa pastas
Rice cakes
Brown rice flour
Soy flour
Potato flour
Quinoa
Rice
Potato
Amaranth
Cream of Rice cereal
Honey Rice Puffins Cereal
Corn Flakes cereals
Malt-o-meal puffed rice cereal
Health Valley Amaranth Flakes Cereal
Whole Foods brand products
Angelina's Bread (loaf)
Kinnikinnick brand products

May be Found in the Following (Check labels)

Soups
Yeasts
Vitamin E
Ice-cream (thickening agents)
Matzos
Hamburger
Candy
Meatballs/meatloaf

May be Listed on Labels as:

Flour graham
Wheat germ
Wheat bran
Wheat starch
Gluten
Food starch
Modified food starch
Vegetable starch
Oats
Rye
Barley
Barley malt
Barley malt extract
Buckwheat
Semolina
Durum