

# Hidden Sources of Gluten Revealed: Everything You Need to Know to Stay Gluten-Free



## Hidden Sources of Gluten Revealed! Everything You Need to Know to Stay Gluten Free by Jaqui Karr

★★★★★ 5 out of 5

Language	: English
File size	: 1132 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 34 pages
Lending	: Enabled



Gluten is a protein found in wheat, rye, and barley. It is what gives bread its chewy texture and beer its head. For people with celiac disease, an autoimmune disorder, gluten can trigger an immune response that damages the small intestine. For people with non-celiac gluten sensitivity, gluten can cause a variety of digestive problems, including bloating, gas, and diarrhea.

If you are gluten-free, it is important to be aware of all the hidden sources of gluten. These are foods that may not seem to contain gluten, but actually do. Some common hidden sources of gluten include:

- Soy sauce

- Teriyaki sauce
- Hoisin sauce
- Miso paste
- Bouillon cubes
- Gravy mixes
- Salad dressings
- Marinades
- Spices
- Candy
- Gum
- Lipstick

It is also important to be aware of the potential for cross-contamination. This can occur when gluten-containing foods come into contact with gluten-free foods. For example, if you Free Download a gluten-free meal at a restaurant, there is a risk that it could be contaminated with gluten from other foods that are being prepared in the same kitchen.

If you are gluten-free, it is important to be vigilant about reading food labels and asking questions when you eat out. By being aware of the hidden sources of gluten, you can help to avoid the symptoms of celiac disease and non-celiac gluten sensitivity.

## **Resources**

The following resources can provide you with more information about gluten and gluten-free living:

- Celiac Disease Foundation
- Gluten Intolerance Group
- Beyond Celiac

Living gluten-free can be challenging, but it is possible. By being aware of the hidden sources of gluten, you can help to avoid the symptoms of celiac disease and non-celiac gluten sensitivity. With a little planning and effort, you can enjoy a safe and healthy gluten-free life.



## Hidden Sources of Gluten Revealed! Everything You Need to Know to Stay Gluten Free by Jaqui Karr

★★★★★ 5 out of 5

Language	: English
File size	: 1132 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 34 pages
Lending	: Enabled





## **Unlock Your Muscular Potential: Discover the Revolutionary Realistic Deceptively Simple High Volume Bodybuilding Workout Program**

Are you tired of bodybuilding programs that are overly complex, time-consuming, and ineffective? Introducing the Realistic Deceptively Simple High Volume Bodybuilding...



## **Dominate the Pool: Conquer Performance with the DS Performance Strength Conditioning Training Program for Swimming**

As a swimmer, you know that achieving peak performance requires a comprehensive approach that encompasses both in-water training and targeted...