

HIDDEN SOURCES OF GLUTEN & DAIRY

Carottes Blanc 1,20 €
Ficelle 0,60 €
125 g
4,80 g / kg
Batard 0,80 €
3,60 kg

Fougasse 2,10 €
blanc ou saumon
anti-moignon
20 €

Hey there!

Thanks for picking up this Hidden Sources & Names of Gluten & Dairy Guide to help you make sense of this small portion of going gluten and dairy-free.

There are probably a number of foods that you might be surprised to learn contain gluten or dairy if you're just getting started with this diet.

The goal of this guide is to help you take some of the guesswork out so that you can make a quick and easy transition into eating this new diet and to give you the tools you need to confidently navigate ingredient lists and food labels.

In this guide, I want to show you the most important part of getting started - knowing EXACTLY what to look for and what to avoid when it comes to certain foods and ingredients that have gluten or dairy.

This guide is divided into seven sections:

1. The hidden sources of gluten
2. The many names gluten is hidden under
3. The hidden sources of dairy
4. The many names dairy is hidden under
5. How to read ingredient lists
6. Cheat sheets to take into your daily life
7. An invitation

Ready to get to it?

Let's dive in!

Rachael



The Hidden Sources of Gluten

Gluten may hide in many of your favorite foods and ingredients. Some of these you may have heard of before and expect, and some might be completely brand new to you.

HIDDEN SOURCES OF GLUTEN			
Breads	Pasta	Licorice	White or malt vinegar
Cakes	Couscous	Lunch and deli meat	Cereal
Cookies	Baking powder (check the ingredient list!)	Potato chips	Bacon or jerky
Pancakes	Blue cheese	Sauces, salad dressings and marinades	BBQ Sauce
Waffles	Caramel coloring	Seitan	Rice or pasta mixes
Crackers	Beer, ale, scotch, bourbon, grain vodka	Soups	Instant potatoes
	Gravy and stock (boullion) cubes	Soy sauce (unless wheat-free tamari)	

Things that are more obvious are things like bread, crackers, and even pasta. A lot of desserts and breakfast foods have gluten in them, as well, like cake, cookies, pancakes, and waffles.

Some hidden sources of gluten may be little less obvious like baking powder, so you'll want to check the ingredient lists before you buy. Blue cheese and caramel coloring are surprising ingredients, but ones that go unnoticed often. Gravy and stock, specifically bouillon cubes are all surprising hidden sources of gluten too.

Beer, ale, scotch, bourbon, and any grain vodka has gluten inside - and alcohol is one thing that many folks don't think about when going gluten-free. So be aware before you buy your booze!

Licorice is a food that I had never thought of would have gluten, but then you look at the ingredient list and sure enough the first ingredient is wheat flour, or wheat.

Lunch and deli meat, that is a good hiding place for gluten. There are some lunch meats and deli meats that don't have gluten, so you can look for those, so know they ARE available, but you need to be aware before you buy.

Potato chips often have gluten sometimes as an extra ingredient, as well as some sauces, salad dressings, and marinades.

Seitan, which is a soy based product for vegetarians and vegans, are made with wheat gluten. This is a lesson I learned the hard way when I was first aware that I might be sensitive to gluten. If you've been eating seitan as a protein source, be sure to read the ingredient lists!

There are also a lot of soups that have gluten in them. Many soups with pasta, or creamy soups that contain a roux often have gluten, because when you make a creamy base for thickening a soup, you need flour to thicken it up. So be on the lookout for that in soups, as well as pre-made sauces you may buy.



Soy sauce, unless it's marked as "wheat-free" or "tamari" also contains gluten. This is a surprising one for a lot of people, so know before you buy to look in the health food section of your grocery store for "gluten-free tamari soy sauce." If you can't find it in store, get it online through Amazon.

White, or malt vinegar, can also contain gluten. This was one that took me a long time to learn and I had a lot of trial and error around realizing it truly did contain gluten. Depending on the grains used to create the vinegar, it may contain gluten. So always be aware of brands and do your research before buying. Vinegar is one that a number of women have come to me and said, "Oh my gosh, it wasn't until I talked to you, Rachael, that I had any idea that some vinegars actually do contain gluten," so be weary of that, especially when it comes to things like salad dressings or condiments.

Another hidden source of gluten is boxed cereals. This may or may not be obvious to you, but again, do some research to find some always-reliable gluten-free options so you can stick with them and maintain on your gluten-free diet.

Bacon, jerky, and other packaged meats can sometimes have gluten in them. I try to keep this resource on my phone so I can check something out before I buy it. If I see something in the store, I'll check it through this website before purchasing. It's nice to have someone do some of the work for you to let you know if a product is safe on a GFDF diet or not before buying.



A few more packaged foods to watch out for are barbecue sauce, rice, instant potatoes, and pasta mixes. These are packaged products that have a lot of additional ingredients, so you'll want to definitely look at the ingredient lists for any gluten-related ingredients.

Those are some of the high-level hidden sources of gluten. Now that you know these, you can go ahead to the next section and arm yourself with what the names of gluten are - and what gluten hides under on many ingredient lists.

The Many Names of Gluten

Now, let's talk about the names of gluten that you'll want to be on the lookout for. These are the names that you want to read ingredient lists for.

When you turn over any packaged product there will be an ingredient list. You can look for any of these words and you'll know that it has gluten in it.

THE MANY NAMES OF GLUTEN			
Wheat	Flour	Distilled Vinegar	Glucose
Barley	Modified Food Starch	Malt vinegar	Barley enzymes
Rye	Natural Flavors	Farina	Maltodextrin (will say wheat if it's made from wheat)
Spelt	Hydrolyzed Vegetable Protein	Durum	Oats (unless specified as gluten-free)
Bran	Soy Sauce	Semolina	

Wheat, barley, rye, spelt, bran, flour, modified food starch, natural flavors, hydrolyzed vegetable protein, soy sauce, distilled vinegar, malt vinegar, farina, durum, semolina, glucose (which I found interesting and surprising), barley enzymes, maltodextrin (it will say wheat if it's made from wheat), and oats (unless specified as gluten-free).

Some folks ask me if oats are gluten-free, and the answer is yes and no. Although oats are naturally gluten-free, they are often cross-contaminated while they're being processed in factories. That means if you are super sensitive to gluten, it's probably best to avoid them, unless they have a "gluten-free" label on them, or if they say somewhere on the packaging that they are processed on dedicated gluten-free machinery. If you're not super sensitive to even the smallest gluten traces, you may find that you're okay to enjoy oats - even if they aren't labeled as gluten-free - without any issues.

Those are the names of gluten to be on the lookout for. Later in this guide, we'll go over how to read ingredient lists and what you need to be on the lookout for, but for now, keep these names in mind. Know that these are the names specifically that you want to look for on the back of any packaged product when you are eating a gluten-free diet.

The Hidden Sources of Dairy

Dairy is hiding in a surprising number of places in many popular packaged foods as well. Please don't be overwhelmed when I go over this list with you. This was really overwhelming to me when I first started, but that is the purpose of me sharing this information with you, because I want to get you gluten and dairy-free as easily and effortlessly as possible. This information is going to help you so much, and take out so much of the guess work that I had to do when I made this transition, so let's go over it.

Here is a list of the places that dairy may hide in many of your favorite foods and ingredients.

HIDDEN SOURCES OF DAIRY			
Butter	Cream	Kefir	Scrambled eggs
Cheese	Cream cheese	Lattes and coffee drinks	Sour cream
Chocolate	Custard	Milk	Waffles
Cookies	Deli or lunch meat	Pancakes	Whey protein powder
Cottage cheese	French toast	Popcorn	White sauces
Crackers	Half and half	Pudding	Yogurt
	Ice cream	Salad dressings	

Again, some of these may be obvious and some might not be.

Butter, cheese, and chocolate. I know, chocolate is one of the saddest ones for most people, but there are a lot of great chocolate products that don't have dairy. You just have to look for them and find brands you can trust.

Any food that you can think of that has butter, milk, cheese, or cream in it contains dairy. That means all baked goods and about 99% of what you'll find in the dairy case (unless it has non-dairy alternatives) at your local grocery store.

Cookies, cottage cheese, crackers, cream, cream cheese, custard, deli or lunch meat (that was all on the gluten list as well), french toast, and half and half all have hidden dairy in them.

Ice cream contains dairy, much to everyone's sadness. But luckily there are some good dairy-free ice creams on the market now, with almond milk, coconut milk, rice milk, and really any dairy-free milk as the base these days. A lot of mainstream grocery stores are even carrying them now too. You don't have to shop at expensive health food stores to find these options any longer.

Kefir, lattes, coffee drinks, and milk are all hidden sources of dairy in the beverage department. And yes, that means bottled coffee drinks that have any semblance of dairy in them. I'm lookin' at you, Frappuccinos and Dunkin' Donuts coffees at the grocery store.

Pancakes, popcorn, pudding, salad dressings, and sour cream all have hidden dairy. Waffles, whey protein powder, any white sauces (at the store or at restaurants), and yogurt all have hidden dairy too.

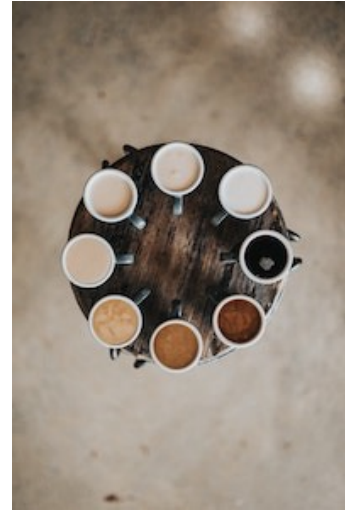
Phew, are you still with me?

I know this is a big list. It's overwhelming when you're first starting out. Trust me, there are WAY more alternatives available now than when I went dairy-free. The world is making it easier for us, so have hope that you can do this!

There are a lot of products on the market now that being dairy-free has become a lot more mainstream that actually are great alternatives to the dairy version.

Now one more topic I want to touch on here is eggs. SO MANY people think that eggs are dairy. They are not!! Dairy is defined as any food that is made as a byproduct of the milk that comes from an animal. Not any byproduct... the byproduct of the MILK. So eggs are safe on a dairy-free diet. The caveat here is that if you're at a restaurant and order eggs or an egg dish, know that they might contain milk added in. Just a heads up.

Alright, hold on to your hats! This next section about the many names of dairy is a little long. We'll get through it together - deep breaths, it will all be okay!



The Many Names of Dairy

There are loads - yep, 61 - names that dairy hides under. These are the names that will be on the ingredient lists. Like I said before, don't be too overwhelmed by this list. I have a cheat sheet for you at the end of this guide to take with you either to your kitchen and start going through everything that's already in your kitchen, or to take with you to the store to just take all that guess work out.

Like I said in the last section, anything that is a byproduct or a derivative of animal milk, usually cow's milk, is considered a dairy product. Unfortunately for us, these byproducts and derivatives come under a lot of names - there are 61 on my list!

I will talk about a few of them, but being that there's 61, you can just check out the chart and know what to look for.

THE MANY NAMES OF DAIRY			
Acidophilis Milk	Custard	Magnesium Caseinate	Skim Milk
Ammonium Caseinate	Delactosed Whey	Malted Milk	Sodium Caseinate
Butter	Demineralized Whey	Milk	Sour Cream
Butter Fat	Ghee	Milk Derivative	Sour Milk Solids
Butter Oil	Goat Milk	Milk Fat	Sweetened Condensed Milk
Butter Solids	Half & Half	Milk Powder	Sweet Whey
Buttermilk	Hydrolyzed Casein	Milk Protein	Whey
Buttermilk Powder	Hydrolyzed Milk Protein	Milk Solids	Whey Powder
Calcium Caseinate	Iron Caseinate	Natural Butter Flavor	Whey Protein Concentrate
Casein	Lactalbumin	Nougat	Whey Protein Hydrolysate
Caseinate	Lactoferrin	Paneer	Whipped Cream
Cheese	Lactoglobulin	Potassium Caseinate	Whipped Topping
Condensed Milk	Lactose	Pudding	Whole Milk
Cottage Cheese	Lactulose	Recaldent	Yogurt
Cream	Low-Fat Milk	Reccent Casein	Zinc Caseinate
Curds			

Acidophilus milk, butter, butterfat, butter oil, basically anything that starts with “butter” is going to have dairy in it.

Any ingredients that have “caseinate” or “casein” in the names will contain dairy.

Anything with cheese, cream, half and half, or milk in the name will very likely contain dairy. You might wonder if goat milk or cheese is dairy... and the answer is technically. Although for the most part, folks react to cow’s milk more than ALL dairy. And when 99% of the population refers to dairy, they’re discussing cow’s milk and cow’s milk products.

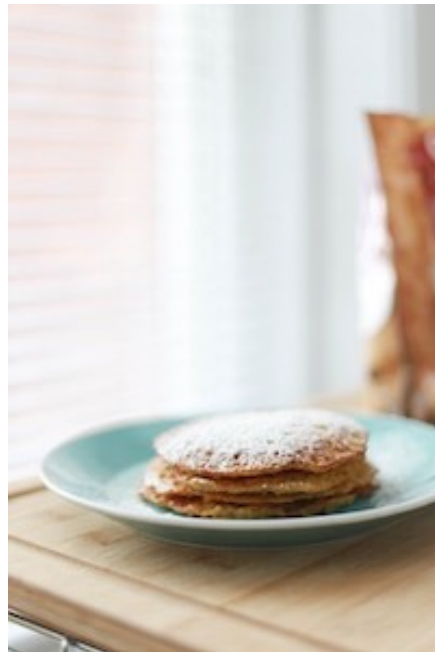
Lactose, low fat milk, malted milk, any milk derivatives, milk powder, milk protein, skim milk, anything that really starts with or has “milk” in its name will be hidden as dairy on the ingredient lists.

Sweet whey, whey powder, whey protein are all the milk proteins, and yes, are considered a dairy food.

As you see, dairy is under so many different names, so you really have to be diligent about checking those ingredient lists.

Just turn over any packaged product that you find, and make sure you're looking at this list.

Okay, there’s a lot here, and like I said, I’m not going to go over every single one of the items in the list. But the very most important thing you need to know before you’re done with this guide is in the next section: how to read ingredient lists.



How To Read Ingredient Lists

“How do I read ingredient lists?”

This is something I get asked all the time. Frankly, if you don't know how to read them, you're not alone. It took me SO long to figure this out.

Once I learned how to read ingredient lists it was like “oh, how did I never know this before?” It just seemed so straightforward and like a whole world of understanding of my food opened up. But a lot of people don't know how to do it, and if you're one of them don't be ashamed. This is totally something that most people don't talk often.

HOW TO READ INGREDIENT LISTS
1. Look for packaged foods that have the minimal amount of ingredients - and as close to nature as possible.
2. Ingredients are listed in descending order of quantity. The first item in the list will be the one that is used the most in the food and the last item is what is used the least.
3. Always do your due diligence while purchasing products if you wish to avoid gluten and dairy completely. Sometimes even the most well-known companies are guilty of putting labels on foods that aren't 100% accurate. Always check ingredient lists!

1. The first step to reading ingredient lists is to look for packaged foods that have the minimal amount of ingredients and as close to nature as possible.

I always say that if you're buying things in the store, you want to look for the LEAST processed food as you possible can. You're going to be most likely to find gluten-free dairy-free friendly foods that have less ingredients in them.

2. The second step is that ingredients are listed in descending order of quantity.

That means that the first item in any ingredient list will be the one that is used the most in the food, and the last item in the list is what's used the least.

If you're looking at something like ice cream, the first ingredient will be heavy cream. You know that heavy cream is the most quantity in that ice cream. If sugar is number two on the ingredient list, that has the second most quantity in that product. This continues on until for all of the ingredients in the ingredient list.



- 3. The third thing to know and to keep in mind is to always do your due diligence when purchasing products, especially when you want to avoid gluten and dairy completely.**

Sometimes even the most well known companies are guilty of putting labels on their foods that aren't 100% accurate, so you really want to do your due diligence here and just double, triple check things, especially if you want to cut everything out entirely.

Always, always, always check ingredient lists when you're going gluten and dairy-free. If you have any doubts, check out this resource for help. And as silly as it sounds, let Google be your friend in determining if something is safe. Just type in the brand name and the product, plus "gluten-free" or "dairy-free" to help you find the answers you need.

I hope that these three steps will allow you to find gluten-free dairy-free products that may already be in your kitchen, and especially when you're out shopping at the grocery store looking for new foods to buy.

If nothing else, I hope this new knowledge arms you with the confidence it takes to select healthy foods that are nourishing to YOUR body, whether you're gluten and dairy-free or not.

YOU'RE INVITED!

If you enjoyed this guide, I'd love to invite you to check out my products related to going (and staying) gluten and dairy-free to further your knowledge.

I have two great options for you to choose from:

GFDF Weekly is a recipe and meal planning service designed to help you save money, save time, and stay inspired with your gluten-free dairy-free diet.

In GFDF Weekly, you'll get:

- **5 new gluten-free dairy-free dinner recipes** each week delivered straight to your inbox - recipes just like the ones I've shared in this guide!
- A **combined shopping list** for all 5 dinners each week, so you can take it with you straight to the store!
- The **convenience** of not having to worry about what's for dinner every night of the week while you're learning what to eat while on this diet

>>> [Click here for more info on GFDF Weekly](#) <<<

GFDF Living for Beginners is my step-by-step course for cutting gluten and dairy from your diet with ease.

In GFDF Living for Beginners, you'll learn:

- **The basics of gluten and dairy-free living**, including which foods are safest to enjoy on a GFDF diet
- How to do a **full kitchen revamp**, so that you can feel confident in creating meals in your kitchen any day of the week
- How to **create gluten-free dairy-free meals and snacks**, including how to make any recipe GFDF friendly AND get 101 snack ideas
- Exactly **how to keep up with a GFDF diet & lifestyle** in the long-term, including how to navigate social situations and money-saving strategies

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The Many Names of Gluten & Hidden Sources

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Wheat	Flour	Distilled Vinegar	Glucose
Barley	Modified Food Starch	Malt vinegar	Barley enzymes
Rye	Natural Flavors	Farina	Maltodextrin (will say wheat if it's made from wheat)
Spelt	Hydrolized Vegetable Protein	Durum	Oats (unless specified as gluten-free)
Bran	Soy Sauce	Semolina	

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Cakes	Couscous	Lunch and deli meat	Cereal
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NOTE: THIS IS NOT AN EXHAUSTIVE LIST, BUT A LIST OF PLACES YOU MIGHT NOT HAVE CONSIDERED LOOKING FOR DAIRY IN PRODUCTS.

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Ammonium Caseinate	Delactosed Whey	Malted Milk	Sodium Caseinate
Butter	Demineralized Whey	Milk	Sour Cream
Butter Fat	Ghee	Milk Derivative	Sour Milk Solids
Butter Oil	Goat Milk	Milk Fat	Sweetened Condensed Milk
Butter Solids	Half & Half	Milk Powder	Sweet Whey
Buttermilk	Hydrolyzed Casein	Milk Protein	Whey
Buttermilk Powder	Hydrolyzed Milk Protein	Milk Solids	Whey Powder
Calcium Caseinate	Iron Caseinate	Natural Butter Flavor	Whey Protein Concentrate
Casein	Lactalbumin	Nougat	Whey Protein Hydrolysate
Caseinate	Lactoferrin	Paneer	Whipped Cream
Cheese	Lactoglobulin	Potassium Caseinate	Whipped Topping
Condensed Milk	Lactose	Pudding	Whole Milk
Cottage Cheese	Lactulose	Recaldent	Yogurt
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Chocolate	Custard	Milk	Waffles
Cookies	Deli or lunch meat	Pancakes	Whey protein powder
Cottage cheese	French toast	Popcorn	White sauces
Crackers	Half and half	Pudding	Yogurt
	Ice cream	Salad dressings	

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