

# *The Gluten Detectives*

Present:

## **HOW TO BECOME A GLUTEN DETECTIVE!**

*"It's not just what you eat that can make you healthy, but what you DO NOT eat!"*

*Gluten may be found in places even the most careful Celiac never thought to look.*

*You can eat, drink, touch or inhale Gluten!*

*Learning where to look for "Hidden" Gluten makes for a healthier life!*

*Find the "Hidden" Gluten in your life.*

### **IN THE FRIG.**

Many types of foods  
Many types of drinks  
Some Condiments  
Some types Vinegar  
Salad dressings  
Marinades

### **IN THE CUPBOARD**

White Flour  
Wheat and other grains  
Breads/Bagels/Muffins  
Spices  
Cereals  
Pasta  
Soups/Sauces/Gravy  
Frostings  
Baking soda/powder  
Vanilla/Flavorings  
Food colorings  
Sprinkles/Jimmies  
Chewing Gum  
Many types of candy

### **ON THE COUNTER**

\*CRUMBS  
Toasters/Ovens  
Knives/blocks  
Cutting boards  
Pots and Pans  
Bake Wear  
Microwaves  
Sponges/Scrubbers  
Dish Towels

### **UNDER THE SINK**

Dish Soap  
Hand Soap  
Dishwasher Soap  
Many types of cleaners

### **AROUND THE HOUSE**

Laundry Soap  
Dryer Sheets

Cleaning products  
Car Wash Soap  
Paints  
Adhesives/tape  
Wallpaper paste

### **FIRST AIDE**

Medicines  
Vitamins  
Band-Aids/tape  
Topical Creams  
Cough Drops

### **IN THE BATH**

Soap  
Shampoo  
Conditioner  
Deodorant  
Mouth Wash  
Dental Floss  
Lip Balm  
Perfume  
Make-up  
Skin Lotions  
Hand Creams  
Shave Cream

### **DON'T FORGET**

Ice-Cream (hidden inside)  
Ice-Cream Cones  
Toppings  
Beer, Alcohol  
Soda  
Chips/Snacks  
Pretzels  
Nuts  
Cookies/Cake/Donuts  
Natural Flavorings  
Artificial Flavorings

### **WHO KNEW?**

Face Painting  
Play Tattoos  
Glue from labels

### **CROSS -CONTAMINATION**

Barbeque Grills  
Fast Food Fries (oil)  
Salad Bars  
Serving Utensils  
Food dropped on floor

### **SCHOOL/OFFICE**

Glue  
Tape  
Markers  
Crayons  
Paint  
Ink Stampers  
Stickers  
Stamps/Envelopes  
Clay/Play- dough  
Science Projects  
Cooking Projects  
Paper Mache'  
School lunches  
Teacher rewards  
Friends who want to trade  
Nurse's Office  
-Band-Aids  
-First Aide Cream  
Field Trips  
Class Parties

### **ON THE GO**

Coffee/Beverages  
Food you didn't cook  
Fast Food Shops  
Restaurants  
Salad Bars  
Sun Lotions  
Burn Creams  
Bug Spray  
Itch Creams  
Tables/Counters

**\*We hope this list will help people with Celiac Disease, Gluten Intolerance, Gluten Allergies and those on the Gluten Free/Casein Free Diet for Autism, etc... This list was put together to help a broad range of people with one common connection: GLUTEN! This list is in no way complete! Please consult your doctor for your individual needs in relation to avoiding Gluten (i.e. in topical items). This list has not been written to scare you about Gluten, but to empower you to take control over your own health and life.**

**\*We believe that an educated and strong attitude will make for a healthy life!**

**\* We are children; we hold no responsibilities except to help open your eyes to hidden GLUTEN!**

**This information was brought to you from: The I Can't Eat "THAT" Club!**

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**Please remember that...**

**Fun is spelled F-U-N, not F-O-O-D!**