

## Hidden Allergens and Food Derivatives to Avoid in Commercially Prepared Foods

### WHEAT:

Adhesive stamps and envelopes. Do not lick them; apply water with a sponge instead.

Alcoholic beverages made from grains such as beer, whiskey, gin, and some vodka

Bulgur

Candy – some. Wheat flour may be used for dusting during processing.

Cooking oil spray – some

Couscous

Dextrin – some

Flavorings or extracts – Some contain grain-source alcohol.

Flour, durum flour, graham flour, gluten flour, wheat flour, semolina flour

Gluten

Grain-based coffee substitutes such as Postum™

Hydrolyzed vegetable protein (HVP) or hydrolyzed plant protein (HPP – some

Imitation seafood or sirimi. Some contain wheat starch as a binder.

Medications, prescription or over-the-counter. Some use wheat starch as a filler.

Modified food starch or modified starch – some

Monosodium glutamate (MSG)

Pasta, including some such as Jerusalem artichoke pasta made with semolina flour

Poultry, self-basting – some

Processed and canned meats – some

Wheat germ, bran, or berries, cracked wheat

Wheat products such as bread, crackers, etc.

White (grain) vinegar

### GLUTEN:

#### **All of the items listed above under “Wheat” plus:**

Alcoholic spirits – some. Canadian celiac groups say that distillation prevents gluten from entering the final product; American groups are not sure. Ask your doctor.

Caramel coloring, if imported source

Coffee – some. Flavored coffees may contain gluten. Freeze-dried coffee is the safest. Consult the manufacturer.

Grains, some in addition to wheat such as rye, barley, spelt, kamut and triticale.

Oats might or might not be allowed; ask your doctor.

Herbal teas – A few contain malt.

Malt, malt flavoring, malt vinegar

Rice syrup – some

Soy sauce – some

Vegetable gum, vegetable protein – some

Vinegar – some which are made from grain. Canadian celiac groups say that distillation prevents gluten from entering the final product; American groups are not sure. Ask your doctor.

## **MILK:**

Casein, sodium caseinate, or caseinate

Curds

Hydrolyzed vegetable protein (HVP) or hydrolyzed plant protein (HPP) – some

Lactalbumin

Lactoglobulin

Lactose

Medications, prescription or over-the-counter. Some use lactose as a filler.

Milk products such as butter, cheese, cream, etc.

Powder asthma inhalers contain lactose which may contain traces of milk

Powdered, evaporated, or condensed milk

Processed and canned meats – some

Whey

## **EGGS:**

Albumin

Egg pasta

Egg products such as powdered or dried egg, egg yolk, or egg white

Egg substitutes such as EggBeaters™

Globulin

Meringue

Ovomucoid

Ovomucin

Ovovitellin or vitellin

Sauces such as mayonnaise, hollandaise, or tartar sauce

Wine – Some wines may be clarified with egg white.

**CORN:**

Adhesive stamps and envelopes. Do not lick them; apply water with a sponge instead.

Alcoholic beverages – some, especially sweet wines

Asthma inhalers and nasal sprays containing the HFA propellant

Baking powder – most contain cornstarch

Caramel coloring – some

Citric acid (made by growing *Aspergillus niger* on hydrolyzed corn starch)

Corn flour, cornmeal, corn oil, corn syrup, corn sweetener

Cornstarch – often used as a filler in supplements and medications

Dextrose

Dextrin – some

Egg substitutes such as EggBeaters™ might contain maltodextrin, etc.

Flavorings such as vanilla may contain corn syrup

Food starch – some

Fructose, which is also called levulose – most

Glucose – most

Grits

Hominy

Hydrolyzed vegetable protein (HVP) or hydrolyzed plant protein (HPP) – some

Imitation seafood or sirimi. Some contain cornstarch as a binder.

Instant tea – some

Intravenous solution most commonly used contains dextrose (5DW)

Maltodextrin – most

Medications, prescription or over-the-counter. Some use cornstarch as a filler.

Modified food starch – some

Paper and plastic items – Some plastic wraps and plastic or paper cups and plates may be coated with corn oil.

Poultry, self-basting – some

Powdered sugar (contains cornstarch)

Salt – Some contain dextrose to prevent caking.

Sugar alcohols such as sorbitol, xylitol, maltitol, etc. are usually made from corn.

Vitamin C – most. Some brands labeled as “synthetic” are actually manufactured from corn. Ecological Formulas™ makes tapioca-source vitamin C.

Xanthan gum – Usually produced by growing bacteria on a corn-source base.

**SOY:**

Cooking oil spray – some  
 Hydrolyzed vegetable protein (HVP) or hydrolyzed plant protein (HPP) – some  
 Lecithin  
 Margarine – Most margarine contains soy oil or lecithin  
 Miso  
 Processed meats – some  
 Shortening – most<sup>1</sup>  
 Soy flour, soy oil, soy meal, soy milk  
 Tamari, soy sauce, worcestershire sauce  
 Tempeh  
 Textured vegetable protein (TVP)  
 Tofu

**YEAST:**

All alcoholic beverages  
 Asthma inhalers and nasal sprays containing the HFA propellant  
 Black (fermented) teas<sup>2</sup>  
 Cheese  
 Enriched grain products – Most are enriched with vitamins made from yeast.  
 Malted products  
 Soft drinks which may contain fermented products such as root beer and ginger ale  
 Soy sauce and condiments which contain soy sauce  
 Vinegar (all kinds) and condiments which contain vinegar, such as mustard, pickles, etc.  
 Vitamins and vitamin enriched processed foods – some. Hypoallergenic vitamins may be yeast-free.  
 Yeast breads. Sourdough is not yeast-free, but if made with a traditional starter contains “wild” yeasts which some baker's-yeast sensitive people can tolerate.

**Other foods:** If your doctor puts you on a yeast-free diet, he or she may also advise you to avoid leftovers, fruit juices, mushrooms, dried fruits and spices, all types of tea, sugar, and other foods which may aggravate candidiasis.

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1 For soy-free non-hydrogenated shortening, try Spectrum Naturals™ palm oil shortening. Palm oil is a naturally saturated but healthy fat, the best source of palmitic acid needed for mitochondrial function.

2 Other types of tea, including herbal tea, may contain a small amount of yeast or mold as a contaminant.