

The mission of the University of Chicago Celiac Disease Center is to raise diagnosis rates for celiac disease and meet the critical needs of people with the condition, through education, research, and advocacy.

# WHAT TO KNOW

## Gluten is found in items other than food. How will I know what to avoid?

It's important to read labels on both food and non-food items because gluten can be found in places you might not expect.

### Commonly Overlooked Foods:

Communion wafers	Imitation meat/seafood
Sauces/gravies/soups	Bouillon/broth
Soy sauce	Candy
Pastas/orzo/couscous	Smoke flavoring
Veggie burgers	Marinades
Processed meats/lunch meat	

### Non Food Gluten Sources:

Lipstick/lip gloss/chapstick	Make-up/Cosmetics
Mouthwash/toothpaste	Play-Doh and other craft items
Vitamin, herbal, and mineral preparations	Prescription or OTC medications
Herbal supplements	

**Rule of Thumb:** Anything that goes into your mouth must be gluten free!

*Adapted from CDHNF/NASPGHAN*

**Whether you are newly diagnosed or have been living with celiac disease for decades, education is key to staying healthy and enjoying a high quality of life.** At The Celiac Disease Center, one of our goals is to provide information that makes following a gluten-free diet as easy as possible.

If you have any questions, please reach out. Your care team is only a phone call away.



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