

# Title: “Gluten’s Sneaky Hiding Spots: How to Stay Safe”

## Chapter 1: Welcome & Why It Matters

### Card 1: Welcome!

Think you know where gluten hides? Think again! 🍞🚫 Let’s uncover sneaky sources of gluten and how to stay safe!

### Card 2: What is Gluten?

Gluten is a protein found in **wheat, barley, and rye**. It helps foods keep their shape, but for some, it can cause serious health issues.

### Card 3: Why Spotting Hidden Gluten Matters

For people with **Celiac disease OR non-Celiac gluten intolerance**, even tiny amounts can trigger symptoms and long-term health effects. Let’s learn where it hides!

## Chapter 2: The Unexpected Offenders

### Card 4: Sauces & Dressings

Gluten loves to hide in liquid form! Be careful with:

- ❌ Soy sauce (use tamari instead!)
- ❌ Teriyaki sauce
- 🔍 Salad dressings & gravies
- 🔍 Thickened soups & sauces

### Card 5: Processed Meats

Meat should be gluten-free... right? Not always! Watch out for:

- 🔍 Deli meats & rotisserie chicken (often have wheat-based fillers)
- 🔍 Sausages & hot dogs
- 🔍 Meat substitutes like veggie burgers

### Card 6: Snacks & Candy

Sweets aren’t always safe! Be cautious of:

- ❌ Malted milk & malted chocolate
- ❌ Crispy chocolate bars
- 🔍 Licorice & gummy candies (often contain wheat starch)

### Card 7: Beverages

Not all drinks are gluten-free! 🍷

- ❌ Beer & malt beverages
- ⚠️ Distilled liquors (like whiskey & vodka) *should* be gluten-free, BUT cross-contamination during bottling is a risk. Be careful!

### Card 8: Oats & “Gluten-Free” Foods

Did you know? 🌾 Oats are naturally gluten-free but often **cross-contaminated** with wheat! Always choose **certified gluten-free oats**.

## Chapter 3: Label Reading 101

### Card 9: Watch Out for These Ingredients!

Hidden gluten can be tricky! Look for these warning signs on labels:

- ✗ Malt (malted barley, malt extract)
- ✗ Hydrolyzed wheat/barley/rye protein
- ✗ Modified food starch (if source isn't listed)

### Card 10: "Gluten-Free" Labels: Are They Always Safe?

Not all 'gluten-free' labels mean the same thing!

- ✓ **Certified gluten-free** = tested & safe!
- ✗ 'Gluten-free' (without certification) may not meet strict safety standards.

## Chapter 4: Dining Out Safely

### Card 11: Ask These Questions at Restaurants!

Want to eat out safely? Ask:

- 🍷 Do you use **shared fryers**? (Think fries & wings!)
- 🍲 Is your soup thickened with **flour**?
- 🍖 Are meats **pre-marinated** with soy sauce?

### Card 12: Watch Out for Cross-Contamination

Even 'gluten-free' meals can be unsafe if prepared near gluten! Be mindful of:

- ✗ Shared toasters & cutting boards
- ✗ Flour in the air (think pizza places!)
- ✗ Gloves & utensils used for foods containing gluten

## Chapter 5: Test Your Knowledge!

### Card 13: Quiz Time! (Question 1)

Which of these is **gluten-free**?

- A) Soy sauce
- B) Tamari
- C) Both

**Answer:** B! Traditional soy sauce contains wheat, but tamari is a great gluten-free alternative!

### Card 14: Quiz Time! (Question 2)

True or False: Oats are always gluten-free.

**Answer:** False! Oats are often cross-contaminated. Always choose certified gluten-free oats!

### Card 15: Quiz Time! (Question 3)

Which of these drinks is the LEAST LIKELY to contain gluten?

- A) Whiskey
- B) Beer
- C) Tequila

**Answer:** C! Tequila is made from agave and is naturally gluten free. Beer always contains gluten, while distilled liquors like whiskey should be gluten-free but may have cross-contamination risks.

#### **Card 16: Quiz Time! (Question 4)**




Which of these ingredients should you avoid if you are gluten-free?

- A) Malt extract
- B) Corn starch
- C) Rice flour

**Answer:** A! Malt extract comes from barley and contains gluten. Corn starch and rice flour are naturally gluten-free.

### **Chapter 6: Final Tips & Resources**

#### **Card 17: Final Tips for Staying Safe**

-  Always double-check labels—ingredients can change!
-  Stick to naturally gluten-free whole foods when in doubt.
-  Use food-scanning apps (like GF Scanner) for extra safety.

#### **Card 18: Call to Action**

Stay safe & eat smart! Double-check labels, ask questions when dining out, and choose certified gluten-free products. Your health matters—advocate for it with confidence!