

HIT-OR-MISS Meat Substitutes

- Vegan / vegetarian deli meats
- Meatless nuggets
- Veggie ground / crumble**
- Imitation bacon**
- Seitan
- Veggie dogs**
- Veggie burgers**
- Plant-based sausages**
- Imitation seafood**

INSIDIOUS Ingredients (with High Cross-Contact / Cross-Contamination Risk)

- Oats*
- Buckwheat*
- Lentils*
- Flax seeds*
- Hemp seeds*
- Anything from a bulk bin!

SNEAKY Snacks

- Seasoned nuts**
- Trail/snack mix**
- Corn chips**
- Potato chips**
- Pickles**
- Energy bars or balls*

Breakfast

- Granola bars*
- Granola*
- Corn flakes*
- Crisp rice cereal*
- Muesli*
- Other breakfast cereals*

CAGEY Condiments & Suspicious Sauces

- Teriyaki sauce*
- Barbecue sauce*
- Mustard**
- Ketchup**
- Salad dressings**
- Marinades**
- Yeast spreads (like Marmite or Vegemite)
- Gravy**
- Miso**
- Cream sauces**

DUBIOUS Drinks

- Artificial creamers**
- Oat milk*
- Flavoured teas**
- Milkshakes**
- Wheat grass

STEALTHY Sweets & Tricky Treats

- Ice cream**
- Ice pops**
- Frozen treat bars**
- Licorice**
- Chocolate bars**
- Candy**
- Baked goods**

* Unless certified gluten-free

** Depends on the flavour, type/variety,
and/or brand (read the ingredients!)

(BE) LEERY Liquid Seasonings

- Malt vinegar
- Black vinegar
- Soy sauce
- Broths and stocks**
- Cooking spray**

MENACING Meals & Menu Items

- Soups**
- French fries (battered, seasoned)
- Soba*
- Couscous
- Noodles*
- Orzo (and other pastas*)
- Tabouli / Tabbouleh
- Matzo

PERILOUS Powders & Seasonings

- Taco seasoning
- Spices / spice blends**
- Bouillon powders or cubes**
- Yeast extract*
- Flours made from gluten-free grains,
pseudograins, legumes, or pulses*

Non-Foods Meant for Your Mouth

- Paper straws
- Lipstick / balm / gloss*
- Toothpaste**
- Supplements / vitamins**
- Medications**