



**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL  
TEXAS A&M AGRILIFE EXTENSION

## Foods That May Contain Gluten:

Candy

Cold cuts

Custards

Fruit fillings

Gravy

Gum

Hot dogs

Ice cream

Syrups

Salad dressings

Soy sauce

Non-dairy creamers

Pasta

Ready to cook rice

Prepared vegetable sauces

Ketchup

Ground spices

Flavored teas

**Always read ingredient labels for  
description that contain gluten.**

Dextrin, Malt, Modified Food Starch, Natural Flavorings,  
Monosodium Glutamate (MSG), Rice Malt, Whey Protein  
Concentrate, and Whey Protein Caseinate