



Hidden Foods

Hidden Food Sources of 5 Common Allergens

The following list will help you identify hidden sources of refined simple sugars, egg, dairy, soy, and wheat that may be added to many common foods. Always read labels carefully and don't hesitate to make inquiries of the food manufacturer if you have any doubts as to a food's contents.

SUGAR	EGG	MILK	SOYBEANS	WHEAT (Gluten)
Baby Foods	Bavarian Cream	Au Gratin Foods	Baby Foods	Beer, Alcohol
Biscuits, Breads	Breads	Bavarian Cream	Breads, Biscuits	Biscuits, Rolls
Cakes	Breaded Foods	Breads, Biscuits	Butter Substitute	Breads: <i>Wheat, Rye, Oat, Spelt, Pumpnickel</i>
Candies	Cakes	Butter, Hard Sauces	Cakes	Breaded Fish
Cereals	Egg Noodles	Buttermilk, Cream	Crackers	Breaded Meats
Chocolate	Flour Mixes	Cakes, Cookies	Cereal	Bouillon Cubes
Cocoa Drinks	French Toast	Candies	Crisco Spray	Cakes, Muffins
Cookies	Fritters	Crackers	Candies	Candy, Chocolates
Crackers	Frostings	Cheeses, Sour Cream	Ice Cream	Cereals
Creamed Foods	Frying Batters	Chocolate	Infant Formulas	Crackers
Custards, Puddings	Glazed Roll	Doughnuts	Lecithin	Cocoa Drinks
Doughnuts	Hamburger Mix	Chowders	Lunch Meats	Cookies, Pretzels
Frostings	Hollandaise Sauce	Cocoa Drinks	Margarine	Cooked Meat Dishes
Hard Candies	Ice Cream	Creamed Foods	Milk Substitutes	Corn Bread, Muffins
Ice Cream, Sherbets	Macaroons	Custard, Pudding	Oil	Crackers
Lunch Meats	Marshmallows	Flour Mixes	Oriental Sauces	Doughnuts, Popovers
Marshmallows	Mayonnaise	Gravies	Pastries	Dumplings
Macaroons	Meat Loaf	Meat Loaf	Prepared Meats	Flour: <i>White, Wheat</i>
Mayonnaise	Meat Loaf	Hot Dogs	Salad Dressings	Gravies
Meringues	Meringues	Ice Cream, Sherbet	Soups	Matzos
Pancakes, Waffles	Pancakes, Waffles	Mashed Potatoes	Soy Flour	Packaged Mixes
Processed Foods	Puddings	Omelets, Soufflés	Soy Noodles	Pancakes, Waffles
Salad Dressings	Salad Dressings	Ovaltine, Malted Milk	Soy Sauce	Pasta, Noodles
Sauces	Sauces	Pancakes, Waffles	Tamari	Pie Crust
Soft Drinks	Sausages	Salad Dressing	Tempeh	Postum, Ovaltine
Soups	Sherbets	Scalloped Dishes	Tempura	Soufflés
Yogurt	Soufflés	Soups (creamed)	Tofu	Soy Sauce
		Whey	Tuna	Tamari
		Yogurt		Wheat Germ, Bran