**HIDDEN FOOD INTOLERANCES**

These are places where the Top 7 High-Food Intolerances hide:

CORN:

- Breakfast cereals

- Corn chips

- Grits

- High fructose corn syrup

- Hominy

- Margarine

- Popcorn

- Vegetable oil

DAIRY:

- Butter & many margarines

- Chocolate (except some dark chocolate products)

- Cottage cheese

- Cheeses

- Creams

- Ice cream

- Many baked goods

- Many canned foods

- Many salad dressings

- Mashed potatoes

- Yogurt

EGGS:

- Baked goods

- Batter mixes

- Bouillon

- Breads

- Cake flours

- Creamy fillings

- Custards

- Flan

- French toast

- Fritters

- Frosting

- Hollandaise sauce

- Ice cream

- Macaroons

- Marshmallows

- Mayonnaise

- Meat loaf

- Meringues

- Noodles

- Pancakes

- Puddings

- Quiche

- Salad dressings

- Sauces

- Sausages

- Souffles

- Tartar sauce

- Waffles

GLUTEN:

- Brans

- Baked beans

- Biscuits and cookies

- Blue cheeses

- Bread and bread rolls

- Breadcrumbs

- Brown rice syrup

- Bulgur wheat

- Cakes

- Cheap brands of chocolate

- Couscous

- Crispbreads

- Croutons

- Gravy powders and stock cubes

- Muffins

- Mustard and dry mustard powder

- Pancakes

- Pasta

- Pates

- Pizza

- Pretzels

- Potato chips

- Pumpernickel

- Rye bread

- Sauces (often thickened with flour)

- Sausages (contain rusk)

- Scones

- Self-basting turkeys

- Imitation crabmeat

- Licorice

- Lunch meats

- Malt vinegar

- Malted drinks

- Many salad dressings

- Meat and fish pastes

- Muesli

- Some alcoholic drinks

- Some breakfast cereals

- Some soups

- Soy sauce

- Stuffing

- Waffles

PEANUTS and PEANUT OIL:

- Baked goods

- Baking mixes

- Battered foods

- Biscuits

- Breakfast cereals

- Candy

- Chili sauce

- Chinese dishes

- Cookies

- Egg rolls

- Ice cream

- Margarine

- Pastry

- Peanut butter

- Satay sauce and dishes

- Soups

- Thai dishes

- Vegetable fat and oil

SOY:

- Asian foods

- Energy bars and shakes

- Miso

- Prepared foods

- Soy protein powders

- Tempeh

- Teriyaki sauce

- Tofu

SUGAR:

- Caramel

- Corn sweeteners

- Corn syrup

- Dextrose

- Evaporated cane juice

- Fructose

- Fruit juice concentrate

- Honey

- Lactose

- Malt syrup

- Maltodextrin

- Maltose

- Maple syrup

- Molasses

- Rice syrup

- Sucrose

- Syrup

ARTIFICIAL SWEETENERS:

- Aspartame

- Nutrasweet

- Saccharin

- Splenda

- Sucralose