

# THE WALLET CARD

Two cards: cut on the crop marks, fold on the dashed line. Gluten on one side, dairy on the other. Version 1.0.

## HIDDEN GLUTEN

### WORDS

wheat, barley, rye, malt, brewer's yeast, semolina, durum, spelt, farro, kamut, einkorn, triticale, seitan, wheat starch, hydrolyzed wheat protein, modified food starch (no source)

### HIDES IN

soy sauce, teriyaki, hoisin, oyster sauce, gravy, bouillon, cream-of soups, seasoning packets, spice blends, meatballs, sausage, imitation crab, beer, malt vinegar, oats (unless certified), shared fryers, vitamins

Read the Contains line first, then the list. Every time. Not dairy: eggs, coconut, cocoa butter, cream of tartar, lactic acid. [garoutteprovisions.com](http://garoutteprovisions.com)

## HIDDEN DAIRY

### WORDS

milk, cream, butter, ghee, whey, casein, caseinate, lactose, lactalbumin, milk solids, nonfat dry milk, milk fat, curds, custard, buttermilk

### HIDES IN

"non-dairy" creamer, ranch, Caesar, pesto, "butter flavor", popcorn salt, cheese powder, instant potatoes, rice sides, some sausage and hot dogs, milk and white chocolate, caramel, protein powder, hot cocoa, restaurant eggs, steak and veg finished with butter, some tablets

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Cut on the crop marks, fold on the dashed line. Two cards: one for your wallet, one for whoever shops with you.

*Ingredient lists change. This card gets you to the right words on the label; the label gets the final say.*