



**GAROUTTE
PROVISIONS**

FREE · HIDDEN GLUTEN AND HIDDEN DAIRY · ONE CARD

THE TWO-ALLERGEN FIELD GUIDE

Where gluten and dairy hide, grouped by where you'll meet them, so it works in eight seconds in a grocery aisle. Plus the wallet card and a phone lock screen.

- 01 Hidden gluten** — sauces, packets, meat, drinks, medicine, restaurants
- 02 Hidden dairy** — the casein and whey family, and the words nobody reads as milk
- 03 Label traps** — “non-dairy,” “wheat-free,” “gluten-friendly,” may-contain
- 04 The wallet card** — two per page, crop marks, fold line

2 decoder pages · **1** label-traps page · **1** wallet card · **1** lock screen

REAL FOOD. REAL RESULTS. NO COMPROMISES.

HIDDEN GLUTEN

Grouped by where it hides, not alphabetically, because that's how you meet it. The words to look for are in bold.

Sauces and condiments

Soy sauce, teriyaki, hoisin, oyster sauce, most stir-fry and dumpling sauces (brewed with wheat) · malt vinegar, some **Worcestershire** (barley malt) · gravy, cream-of-anything, canned soup (flour) · bottled dressings and marinades (**wheat, modified food starch** with no source)

Spice blends, packets, and mixes

Taco, fajita, and chili packets (flour as filler) · gravy and sauce mixes, bouillon cubes · seasoned rice and noodle pouches · some curry powders and rubs (**wheat flour, malt**) · **brewer's yeast** in seasonings

Processed and deli meat

Meatballs, meatloaf, sausage (breadcrumbs, **wheat**) · imitation crab (wheat starch) · some deli meat and hot dogs (**modified food starch, dextrin**), plus the shared slicer · anything breaded or “crispy”

Drinks

Beer and malt beverages (**barley**) · malted milkshakes and drinks (**malt**) · some flavored coffees and smoothie powders (wheat grass, **barley grass**) · oat milk that isn't certified gluten-free

Supplements and medication

Some vitamins and children's chewables (wheat starch as a binder) · some tablets, prescription and over-the-counter (starch source unlisted; **ask the pharmacist**) · some protein and “greens” powders

Restaurant situations

“Gluten-friendly” menus (no gluten ingredients, no cross-contact control) · shared fryers: fries, chips, wings · shared flat-tops with the buns · soups and gravies · sauces made that morning by someone who isn't your server

THE 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 named). Oats only when the package says certified gluten-free.

Not gluten, despite the name: buckwheat, maltodextrin (corn-based in the US unless the label says wheat), glucose syrup, caramel color, rice, corn, quinoa, millet, sorghum.

HIDDEN DAIRY

Same groups. The casein and whey family, and the words nobody reads as milk.

Sauces and condiments

Ranch, Caesar, blue cheese, creamy anything (**buttermilk, cheese**) · some barbecue and “butter” sauces (**butter, whey**) · pesto (parmesan), alfredo, vodka sauce, “creamy” tomato · salad kits: the packet, not the lettuce

Spice blends, packets, and mixes

“Butter” seasoning, popcorn salt, cheese-flavored anything (**milk solids, whey, casein**) · ranch and dip mixes (**buttermilk powder**) · instant potatoes, boxed rice sides (**milk, nonfat dry milk**) · hot cocoa, coffee syrups and powders

Processed and deli meat

Some sausages and hot dogs (**milk protein, casein, lactose** as a filler) · deli meats with “butter” or “cheese” in the name · rotisserie chicken injected with broth (read the bag) · canned meat in “creamy” sauces

Drinks

Coffee creamer labeled “non-dairy” (**caseinate**) · protein shakes and powders (**whey, milk protein isolate**) · chai and coffee-shop drinks (steamed milk, condensed milk in the syrup) · “cream” sodas are usually fine; glance once

Supplements and medication

Lactose as a filler in many tablets and capsules (**ask the pharmacist**) · probiotics grown on dairy · some allergy and cold medications · some protein powders and meal-replacement shakes

Restaurant situations

A **butter finish** on steak, vegetables, and rice at the end · milk in scrambled eggs and pancake batter, especially at buffets · cream in soups and “tomato” sauces · cheese in the bun, the crust, the topping, the “house” dressing · ghee in Indian kitchens; ask for oil

THE WORDS

Milk, cream, butter, ghee, whey, casein, caseinate (sodium or calcium), lactose, lactalbumin, lactoglobulin, milk solids, nonfat dry milk, milk fat, curds, custard, buttermilk, recaldent. Milk chocolate and white chocolate always; most caramel and toffee.

Not dairy, despite the name: eggs, coconut milk and cream, cocoa butter, shea butter, peanut butter, cream of tartar, lactic acid, calcium lactate, and anything labeled with a plant first (oat, almond, cashew).

LABEL TRAPS

Five phrases that sound like a promise and aren't, and the one rule that matters more than any list.

"Non-dairy"	In the US this term has a history in coffee creamers and whipped toppings, and products carrying it can contain caseinate, a milk protein. The rules require the ingredient list to say "caseinate (a milk derivative)," so the information is there, in the small print. Read for casein, caseinate, and whey. "Dairy-free" isn't a legally defined term either; the contains line is the tiebreaker.
"Wheat-free"	Not gluten-free. Barley and rye are gluten and aren't wheat. A wheat-free cracker made with barley malt is a gluten cracker.
"Gluten-friendly"	A restaurant term: no gluten ingredients, no promise about cross-contact. Fine for a sensitivity, not a safety claim for celiac. Ask how it's cooked.
"May contain" and "made in a facility"	Voluntary and inconsistent. A product with the warning may be fine; one without it may share a line. For celiac and allergy, the warning is information, and your doctor's threshold decides. For a sensitivity, most people ignore it.
"Gluten-free" and the certification seal	In the US, "gluten-free" on a label means under 20 parts per million by FDA rule. A third-party seal means someone tested it. Neither says anything about dairy: a gluten-free cookie is usually a butter cookie.
The contains line	US law requires milk and wheat to be declared in plain language, usually in a bold "Contains:" line. Barley and rye don't have to be declared that way. So the contains line catches dairy reliably and gluten most of the time. Read it first, then the whole list.

THE RULE

Read the label every time, not once. Recipes change. The bag looks the same, the price is the same, and the third ingredient is different. People who've eaten this way for twenty years still read the label, and that's how they've done it for twenty years.

Written for US shelves. Outside the US the thresholds, the words, and the allergen laws are different.

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

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.

BEFORE YOU GO

This card is the free thing. It's the page we wish someone had handed us in the aisle three years ago. Use it, print it twice, send it to whoever cooks for you. It doesn't expire, but ingredient lists do, so the label always gets the last word.

Ingredient lists change without the package changing. This is version 1.0. If something on this card is wrong, or stopped being true, email cameron@garoutteprovisions.com and it gets fixed in the next one.

IF A CARD ISN'T ENOUGH

THE GUIDES

The First 30 Days

From "stop eating gluten and dairy" to a kitchen that works. The first shop, the pantry sweep, 28 dinners, and four weekly checklists.

Cold Lunch, Solved

No microwave, no sandwich, no dairy. A build grid, 30 combinations, and the food-safety page, for offices, shifts, and school.

The Cheap Week

Seven gluten-free, dairy-free days on a costed list, at three price tiers, with the never-buy list and a leftovers chain.

The First Two Weeks: dairy-free and soy-free

For a breastfeeding parent whose pediatrician just said "cut dairy and soy." One-handed food, a 14-day map, and the partner page.

All of them at garoutteprovisions.com. The free 3-Day Meal Plan is there too.

The Two-Allergen Field Guide · version 1.0 · September 2026. Ingredient lists and store shelves change. If something in here is wrong, or stopped being true, email cameron@garoutteprovisions.com and it gets fixed in the next version.