



“Find the Hidden Gluten” Word Search

When you have celiac disease or gluten intolerance, it’s important to keep a 100% gluten-free diet. That means you shouldn’t eat foods that contain wheat, barley or rye.

It’s easy to look out for things like whole wheat bread or pasta, which could make you sick, but did you know gluten can also sneak into things like soy sauce or gravy? It sounds scary, but if you know which foods may have “hidden gluten,” you can be extra careful and ask a grown-up to make sure it says “gluten-free” on the label.

Find the hidden gluten! The 10 foods listed below are all things that could have “hidden gluten.” Find them in the word search (**they could be up, down, backward, forward or diagonal!**), then be on the lookout in real life.

For more information about celiac disease and the gluten-free diet, visit www.CeliacCentral.org.

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| CANDY | FRENCH FRIES | LIPSTICK | MEDICATIONS | SOY SAUCE |
| CHICKEN BROTH | GRAVY | LUNCH MEATS | SAUCES | TOOTHPASTE |

P L E F D F A A C S T G A S C T T C S
R U T R S N O I T A C I D E M R C O R
N N S E C E I E O U K U U I L E C N E
I C A O C F R E N C H F R I E S H E B
I H P O Y T N A A E P C P N H E R N N
S M H Y E S I A I S C S U D D F E E T
N E T V A C A N D Y T C N N E S P E C
I A O A P U D U T I O A F E B U C A S
H T O R B N E K C I H C C Y H H A F O
V S T G R S O K C E T H C A Y E C V O