

HIDDEN FOODS

The following list will help you identify hidden sources of egg, dairy, soy, wheat and yeast that may be added to many common foods.

Always read labels carefully and don't hesitate to make inquiries if you have any doubts as to a food's contents.



Educational Program
For Information :
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FirstLineTherapy™

EGG

Bavarian Cream
Breads
Breaded Foods
Cake Flours
Cakes
French Toast
Fritter
Frostings
Frying Batters
Glazed Roll
Griddle Cakes
Hamburger Mix
Hollandaise Sauce
Ice Cream
Icings
Macaroni
Macarons
Marshmallows
Mayonnaise
Meat Loaf
Meat Molds
Meringues
Noodles
Pancake Flour
Pancakes
Puddings
Salad Dressings
Sauces
Sausages
Sherbets
Soufflés
Tartar Sauce
Waffles

MILK

Au Gratin Foods
Bavarian Cream
Breads
Biscuits
Buttermilk
Cakes
Cookies
Candies
Cheeses
Chowders
Cocoa Drinks
Creamed Foods
Curds
Custards
Doughnuts
Flour Mixes
Fritters
Gravies
Ice Cream
Mashed Potatoes
Omelets
Ovaltine
Ovalmalt
Pancakes
Pie Crusts
Rarebits
Salad Dressing
Scalloped Dishes
Sherbets
Soda Crackers
Soufflés
Soups (creamed)
Spumoni
Waffles
Whey
Yogurt

SOYBEANS

Baby Foods
Breads
Biscuits
Butter Substitute
Cakes Caramel
Cereal
Crackers
Crisco Spray
Hard Candies
Ice Cream
Lecithin
Lunch Meats
Margarine
Milk Substitute
Nut Candies
Oil
Oriental Sauce
Pastries
Pork Link Sausages
Salad Dressings
Soups
Soy Flour
Soy Noodles
Tempura
Tofu

WHEAT

Beer
Biscuits
Bologna
Bouillon Cubes
Cakes
Cereals
Cookies
Cooked Meat Dishes
Chocolate Candy
Corn Bread
Crackers
Doughnuts
Dumpling
Cocomalt
Flour-Rolled Meats
Flour
Gluten Bread
Gravies
Griddle Cakes
Ice Cream
Liverwurst
Lunch Ham
Macaroni
Matzos

YEAST

Barbecue Sauce
Beer
Brandy
Breads
Buns
Cakes
Cereal
Cheeses (moldy)
Condiments
Cookies
Crackers
Enriched Flours
Gin
Mayonnaise
Pastries
Pickles
Pretzels
Rolls
Rum
Salad Dressing
Soy Sauce
Vinegar
Vodka
Vitamins
Whiskey
Wine