

Hidden Gluten Ingredient List

Ingredients to ask about every time you eat out in Singapore

Gluten awareness is low in Singapore, so these ingredients are often overlooked when you ask "Is this gluten-free?" Ask about each one **by name**. If the staff are unsure, skip the dish.

INGREDIENT	WHERE IT HIDES	WHAT TO KNOW
Soy sauce Also in teriyaki, hoisin and udon sauce	Chinese, Malay and Japanese dishes, marinades, fried rice and noodles.	Usually brewed with wheat. Ask for it to be left out.
Hing Compounded asafoetida	Indian dishes, especially lentils, dhal and chutneys.	Almost always mixed with wheat flour. Even a pinch is too much. Ask if hing is used.
Oyster sauce	Chinese and Thai dishes. Nearly always in Thai stir-fried vegetables.	Thickened with wheat flour. Ask, even for "plain" vegetable dishes.
Shaoxing cooking wine	Chinese dishes, especially marinated or slow-cooked ones.	Fermented with wheat or barley. Gluten is not shown on the label. Ask if it is used.
Milo Also Horlicks and Ovaltine	Drink stalls, cafes, fast food chains, desserts.	Made with barley malt. Not gluten-free.
Worcestershire sauce	Western dishes, sauces and marinades.	The version sold in Asia contains barley malt, unlike the US recipe. Assume it has gluten.
Breakfast cereals Corn flakes, rice puffs	Hotel breakfast buffets, supermarkets.	Often sweetened with barley malt in Asia. Ask to see the ingredient list or bring your own.
Barley water	Hawker stalls and casual eateries.	Made by boiling barley. Gluten-free Job's Tears looks almost identical, so skip anything called "barley".

Good to Know

- **Glutinous rice is gluten-free.** The name refers to its sticky texture.
- **Rice noodles are not automatically safe.** They are often boiled in the same water as wheat noodles.
- **Say "flah", not "flower".** In Singapore, wheat flour is pronounced with one syllable.
- **Check gluten-free products for oats.** Products are imported from all over the world, and standards differ.

When in doubt, leave it out. This list covers commonly missed ingredients. It is not a complete list of gluten sources.