

FOOD LABEL READING GUIDE

Transitioning to the gluten-free diet may seem overwhelming and challenging at first, but with a basic understanding of ingredient labels, it can be easy and satisfying. **The FDA Labeling Rule** makes it easier to determine whether or not a packaged food product is safe for someone with celiac disease or non-celiac gluten/wheat sensitivity.

FDA LABELING RULE

ACCORDING TO THE FDA LABELING RULE, A PACKAGED FOOD PRODUCT CAN BE LABELED “GLUTEN-FREE” IF IT IS EITHER NATURALLY GLUTEN-FREE OR DOES NOT CONTAIN AN INGREDIENT THAT IS:

- 1) a gluten-containing grain (e.g., spelt wheat);
- 2) derived from a gluten-containing grain that has not been processed to remove gluten (e.g., wheat flour); or
- 3) derived from a gluten-containing grain that has been processed to remove gluten (e.g., wheat starch), if the use of that ingredient results in the presence of 20 parts per million (ppm) or more gluten in the food. Also, any inevitable presence of gluten in the food must be less than 20 ppm.

Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
MADE FROM: WHOLE WHEAT FLOUR, WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, WHEAT GLUTEN, UNSULPHURED MOLASSES, CONTAINS 2 PERCENT OR LESS OF: OAT FIBER, SALT, SODIUM STEAROYL LACTYLATE (DOUGH CONDITIONER), CITRIC ACID, CALCIUM PROPIONATE AND SORBIC ACID TO RETARD SPOILAGE, MONO AND DIGLYCERIDES, BUTTER (MILK)*, WHEY*, SOY LECITHIN.		
*ADDS A TRIVIAL AMOUNT OF CHOLESTEROL.		

1) Read the ingredient label. Avoid all products with wheat, rye, barley, malt, or triticale in the ingredient label. Even if a packaged food product is labeled “gluten-free,” you should check for these ingredients as mistakes in labeling can happen. The only exception for this is wheat starch. According to the FDA, if a food contains wheat starch, it may be labeled “gluten-free” if it has been processed to remove gluten, and tests to below 20 parts per million of gluten.

2) Look for the words “Gluten-Free.” Buy naturally gluten-free grains and flours (rice flour, sorghum flour, etc.) that are labeled “gluten-free” as they may come into contact with gluten in the manufacturing process. Products made with gluten-free grains (pasta, cereal, bread, cookies, etc.) should also be labeled “gluten-free.” Manufacturers of labeled gluten-free products must adhere to FDA guidelines mandating gluten content to test to below 20 ppm.

3) Educate yourself about cross-contact. Avoid products that are made from naturally gluten-free grains (quinoa, rice, sorghum, etc.) **not** labeled “gluten-free” but labeled “may contain” or “made on shared equipment with” wheat/gluten. This means the product could contain more than 20 ppm of gluten.

4) Be cautious of hidden sources of gluten. Educate yourself about other ingredients that contain gluten (see “Where is Gluten Found” section) as gluten can often be found hidden in foods you would not expect.

5) Confirm the gluten-free status with the product manufacturer. If a product is **not** labeled “gluten-free,” does **not** contain wheat, barley, rye, or their derivatives in the ingredient label, and is not a naturally gluten-free product (see “What Can I Eat on the Gluten-Free Diet” section), contact the manufacturer to inquire about the risk of cross-contact with gluten during manufacturing.

6) Understand “shared facility” warnings. If a product is labeled “gluten-free” and states that it is made in the same facility as products containing wheat, it is still safe for people with celiac disease to consume. The gluten-free label represents that the procedures put in place to prevent cross-contact with gluten meet FDA standards.

7) When in doubt, go without. If the product label on a food item that is not naturally gluten-free is not clear (e.g., it is labeled “gluten-free,” but contains wheat), or if you are still concerned about whether or not it is safe for you, it is best to find an alternative.

ABOUT CELIAC DISEASE FOUNDATION

The Celiac Disease Foundation is the nation’s leading disease advocacy organization for celiac disease and non-celiac gluten sensitivity. We accelerate diagnosis, treatments, and a cure through research, education, and advocacy to improve the quality of life for all those affected. Through iCureCeliac®, our national registry dedicated to patient-centered research, we collaborate with researchers, clinicians, and industry to better understand, and ultimately cure, celiac disease.

Since our founding in 1990, the Celiac Disease Foundation continues to champion many battles: federal recognition of celiac disease and labeling standards for gluten-free foods and medications, improved diagnostic tools, widespread patient and provider education, access to mainstream gluten-free products, and the need for better treatments and a cure.

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GLUTEN-FREE DIET & FOOD LABEL READING GUIDE



 **Celiac Disease**
FOUNDATION
celiac.org

WHAT IS CELIAC DISEASE?

Celiac disease is a serious, genetic autoimmune disorder where the ingestion of gluten causes damage to the small intestine.

1 in 100 1 IN 100 WORLDWIDE HAVE CELIAC DISEASE

Currently, the only treatment for celiac disease is lifelong adherence to a strict, gluten-free diet. Some people without celiac disease or wheat allergy may experience symptom relief when avoiding gluten, this is called non-celiac gluten/wheat sensitivity.

WHAT IS GLUTEN?

GLUTEN IS A GENERAL NAME FOR THE PROTEINS FOUND IN WHEAT, RYE, BARLEY, AND TRITICALE (A CROSS BETWEEN WHEAT AND RYE). Gluten helps foods maintain their shape, acting as a glue that holds food together. People with celiac disease and non-celiac gluten/wheat sensitivity must also avoid oats not certified gluten-free because they have a high risk of cross-contact with gluten.



WHERE IS GLUTEN FOUND?

Gluten-containing grains and their derivatives include:

- Barley
- Brewer's yeast
- Durum
- Einkorn wheat
- Emmer
- Farina
- Farro
- Graham
- Kamut™
- Khorasan wheat
- Malt
- Rye
- Semolina
- Spelt
- Triticale
- Wheat
- Wheat berries
- Wheat starch

Common foods that contain gluten include, but are not limited to:

- Baked goods (breads, pastries, etc.)
- Beer
- Breeding and coating mixes
- Cereals and granola
- Crackers
- Croutons
- Pancakes and waffles
- Pasta and noodles
- Soups and dressings

GLUTEN CAN ALSO BE FOUND HIDDEN IN FOODS LIKE SOY SAUCE, LICORICE, AND MANY DRESSINGS, SAUCES, AND GRAVIES. Be sure to read the label on every packaged/processed food item (foods that are packaged in boxes, cans, or bags, or that contain additives, artificial flavorings, or other chemical ingredients) you buy, and refer to the Food Label Reading Guide section for more information.



Foods that may contain gluten include:

- Candy and candy bars
- Granola bars
- Mixed spices
- Potato chips
- Processed lunch meat
- Sauces and dressings
- Soup

These foods must be verified by reading the label or checking with the manufacturer to ensure they are safe for someone with celiac disease or non-celiac gluten/wheat sensitivity.

Potential areas for cross-contact with gluten include:

- Colanders
- Condiments, such as peanut butter, jam, mustard, and mayonnaise
- Toasters
- Wooden cutting boards and utensils

These items must be kept separate for gluten-free use in order to avoid cross-contact with gluten.

The following ingredients ARE safe on the gluten-free diet:

- Caramel colors
- Dextrin
- Distilled vinegar
- Maltodextrin
- Maltose
- Natural flavors
- Yeast extract

The following ingredients are NOT safe on the gluten-free diet:

- Malt
- Malt extract
- Malt flavor
- Malt syrup

WHAT CAN I EAT ON THE GLUTEN-FREE DIET?

THE MOST COST-EFFECTIVE AND HEALTHY WAY TO FOLLOW THE GLUTEN-FREE DIET IS TO SEEK OUT NATURALLY GLUTEN-FREE FOODS – foods that do not contain any gluten. Naturally gluten-free food groups include:

- Dairy
- Eggs
- Fish and seafood
- Fruits
- Legumes (beans, peas, and lentils)
- Meat and poultry
- Nuts and seeds
- Vegetables

Additionally, there are many naturally gluten-free grains and starchy foods you can enjoy:

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Millet
- Potato
- Quinoa
- Rice
- Sorghum
- Tapioca
- Teff
- Yucca

WHAT ABOUT ALCOHOL?

Most distilled alcoholic beverages and vinegars are gluten-free. These distilled products do not contain any harmful gluten peptides even if they are made from gluten-containing grains because the gluten peptide is too large to carry over in the distillation process. Beers, ales, lagers, malt beverages, and malt vinegars that are made from gluten-containing grains are **not distilled** and therefore are **not gluten-free**.

For more information on the gluten-free diet, visit celiac.org/glutenfreediet.