



Label Reading Tips for a Gluten-Free Eating Plan

Reading the ingredient list underneath or near the food and nutrition labels is an important habit to learn when looking for foods that are safe on a gluten-free eating plan. Manufacturers are required to state all ingredients that are derived from wheat on the ingredient list because wheat is one of the nine main allergens. If wheat or a protein derived from wheat is used as an ingredient, it must be declared in the allergy statement as “contains” or in parentheses next to the ingredient containing wheat. Note that barley and rye-derived ingredients do not need to be highlighted as an allergen on the food-allergen statement.

A food product that is labeled “gluten free” is safe for gluten-free consumers. The FDA defines gluten-free as less than 20 parts per million of gluten in the product.

The terms “no gluten” or “free of gluten” and “without gluten” must meet the FDA standard and are safe to eat. A food product which carries a third party certification will be labeled as “Certified Gluten-Free™” and is safe for gluten-free consumers.

Label Reading Tips

If you see any of the following ingredients on the label, the food contains gluten:

- Wheat, wheat germ and wheat starch
- Barley and barley malt extract
- Rye
- Malt, malt extract, malt flavor and malt syrup
- Brewer’s yeast (note that some gluten-free products may use a brewer’s yeast derived from a gluten-free grain)
- Bran or bulgar
- Couscous
- Durham
- Einkorn
- Emmer
- Farina
- Faro
- Gram flour
- Kamut

- Matzo flour meal
- Orzo
- Panko
- Citrinin
- Semolina
- Spelt
- Triticale
- Udon

To avoid gluten, check food labels for all packaged foods. For example, you may find some of the ingredients listed previously in the following items:

- Bread
- Breading or coating mix
- Croutons and stuffing
- Seasoned rice mix
- Cereal
- Pasta
- Pizza
- Cakes, cookies and pies
- Candy and candy bars
- Malted products
- Crackers
- Granola bars
- Protein and energy bars
- Imitation crab meat
- Dressings and gravies
- Broth, sauces or roux
- Marinade thickener
- Soup and soup base
- Soy sauce
- Communion wafers