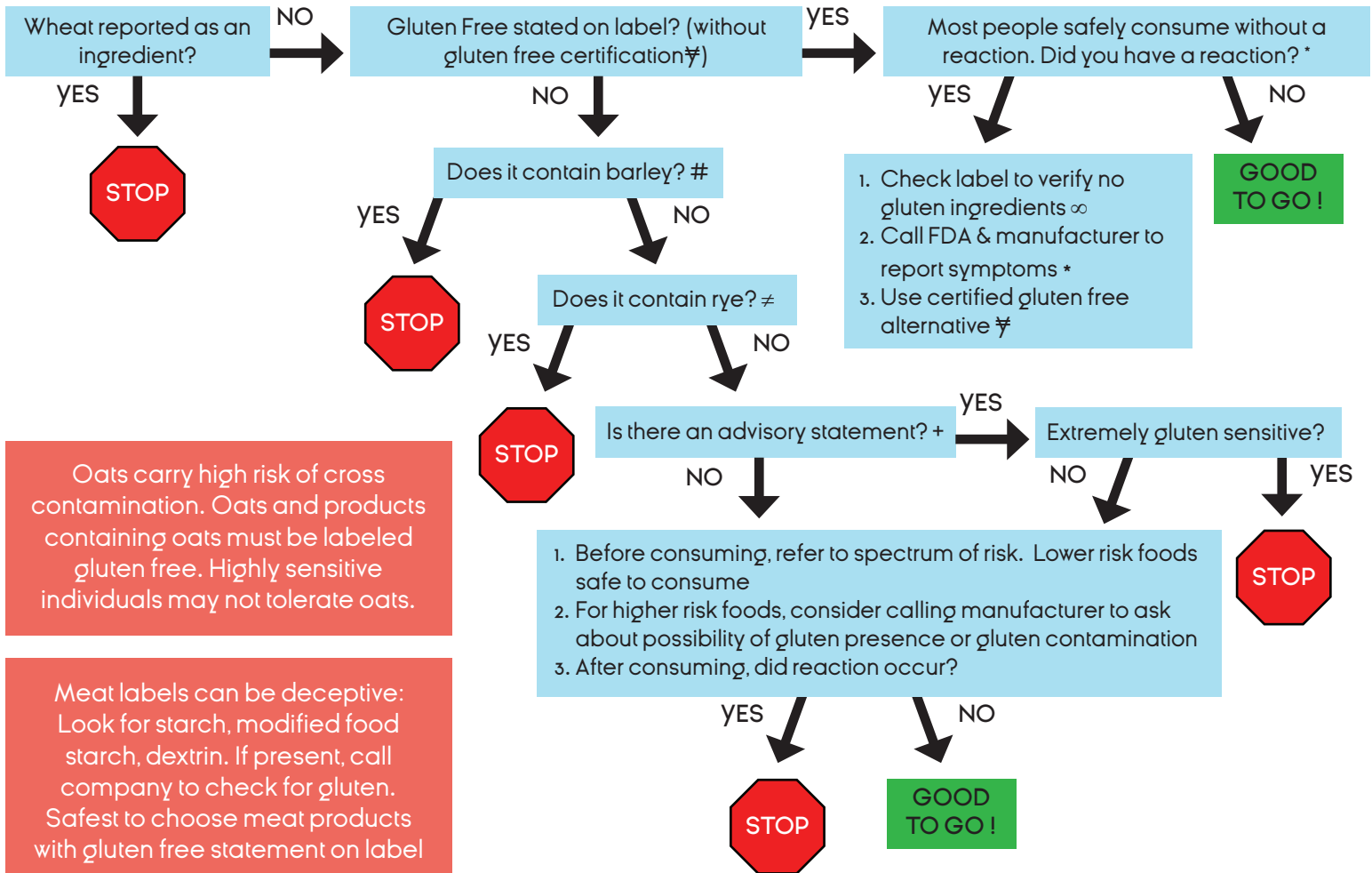


Detecting *Gluten* on Product Labels

START HERE



Oats carry high risk of cross contamination. Oats and products containing oats must be labeled gluten free. Highly sensitive individuals may not tolerate oats.

Meat labels can be deceptive: Look for starch, modified food starch, dextrin. If present, call company to check for gluten. Safest to choose meat products with gluten free statement on label

* Gluten free labeling does not always mean standards are met. Very important to report a problem or reaction to FDA & the manufacturer.

≠ Easy to identify rye. Simply avoid products with the word rye in the list of ingredients.

∞ Gluten ingredients to avoid: Wheat, barley, rye, malt, oats (unless oats are specified as gluten free).

Any of the following indicate presence of barley: barley, malt, malt extract, malt flavor, malt syrup, malt vinegar.

Maltodextrin is safe. Rarely maltodextrin is derived from wheat, but this will be clearly reported on the label.

⚠ Look for these certified gluten free labels on packaging:

+ Examples of advisory statements:
 • "may contain traces of wheat"
 • "made on shared equipment with wheat"
 • "manufactured in a facility that processes wheat"

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