READING LABELS

The only way to treat celiac disease is to eliminate gluten from the diet. So, you are told to not eat wheat, barley, or rye products. These are known as the "big three."

So, just don't buy anything at the store containing wheat, barley, or rye. Easy peasy, right?

No.

Here's the part our Pediatric GI didn't tell us or it was 15 pages into the document that was so overwhelming we never got there.

Some ingredients are obvious like the big three. However, there are many ingredients that contain gluten beyond the big three. There are also additional ingredients that may have been derived from a gluten source that manufacturers in the USA do not have disclose.

Say what? That's correct. If it's considered a proprietary ingredient, they do not have to disclose it if it came from a gluten source.

So, how do you tell if something is gluten-free and safe to eat?



PRINT OUT THE NEXT PAGE AND USE IT AS A REFERENCE WHILE YOU ARE LEARNING WHAT TO LOOK FOR.

A note about oats: oats from any source may cause a reaction in Celiacs. Oats have a protein called avenin that is similar to gluten. Some people with celiac disease have an immune response to avenin as well as to gluten. Please consult with your doctor about oats, and only eat certified gluten-free oat products if you chose to eat oats.





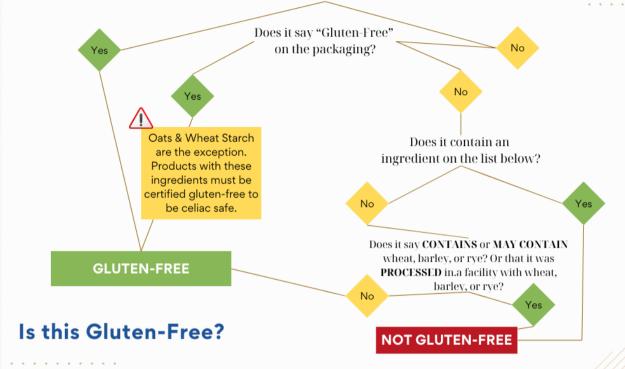








Does it have a **CERTIFIED Gluten-Free** Label like the ones above?



The following ingredients contain gluten:

- barley
- semolina
- Brewer's yeast
- spelt
- bulgur
- triticale
- wheat bran
- couscous
- dinkel
- wheat flour
- durum
- wheat germ
- einkorn
- emmer
- farina
- farro
- graham flour
- hydrolized wheat protein
- kamut
- malt
- rve
- seitan

The following ingredients may have been derived from a gluten source:

- dextrin
- fermented grain extract
- modified food starch
- modified wheat starch*
- natural flavoring
- oats*
- smoke flavor
- veast extract (baking yeast)
- wheat starch* *Products with these ingredients

are considered gluten-free only if

marked certified gluten-free.

• brown rice syrup • hydrolized plant protein

• miso

• spice mixes

 texturized vegetable protein