

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?



Is this Gluten-Free?

The following ingredients contain gluten:

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



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

- brown rice syrup
- dextrin
- fermented grain extract
- modified food starch
- modified wheat starch*
- natural flavoring
- oats*
- smoke flavor
- yeast extract (baking yeast)
- wheat starch*
- hydrolyzed plant protein
- miso
- spice mixes
- texturized vegetable protein

*Products with these ingredients are considered gluten-free only if marked certified gluten-free.