



GUIDE TO GLUTEN FREE LABELING



HOW GLUTEN-FREE FOODS MAY BE LABELED:

“GLUTEN-FREE”

“MADE WITHOUT GLUTEN”

“NO GLUTEN”

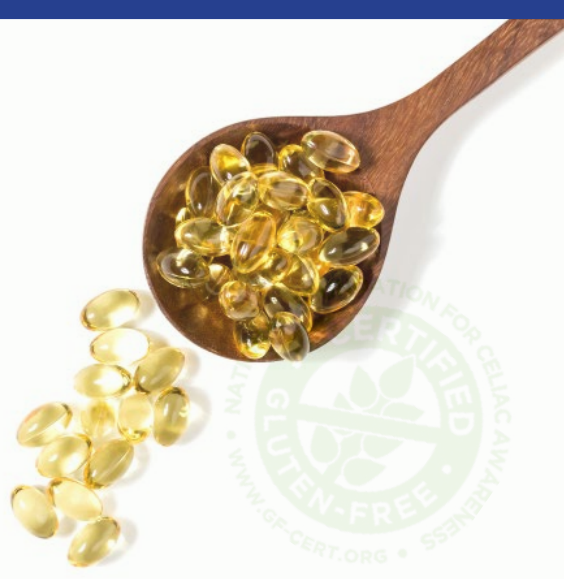
“FREE OF GLUTEN”



THE FDA’S GLUTEN-FREE FOOD LABELING RULE APPLIES TO:

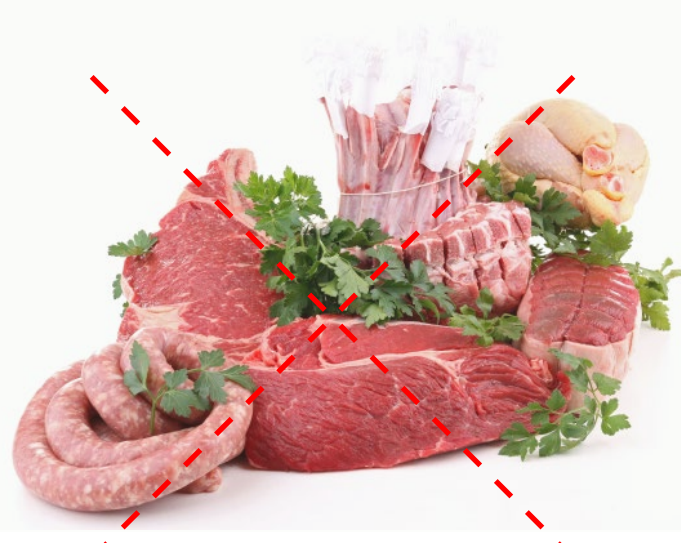


PACKAGED FOODS



DIETARY SUPPLEMENTS

THE RULE DOES NOT APPLY TO ITEMS REGULATED BY OTHER ENTITIES SUCH AS:



MEAT, POULTRY,
SOME EGG PRODUCTS
(REGULATED BY USDA)



MOST ALCOHOLIC
BEVERAGES
(REGULATED BY TTB)

CERTIFICATION LABELS FOR GLUTEN-FREE PRODUCTS:



Products bearing certification from the Gluten-Free Certification Organization must test below 10 parts per million of gluten.



The National Celiac Support Association tests facilities as well as products, and products bearing this certification must test below 5 parts per million.



Products certified as gluten-free by the National Sanitation Foundation must test at 15 parts per million or lower for gluten.

FAST FACTS:

- The FDA does not require packages containing gluten-free food to display a “Gluten-Free” symbol or trademark, or to be labeled gluten-free at all. The FDA does require, however, that if a product contains wheat, it is listed as wheat in the ingredients, and/or in a separate “may contain” statement.
- Distilled liquors are safe no matter what they’re made from because the distilling process removes all gluten from grains such as rye and barley.
- If USDA-regulated foods aren’t labeled with gluten information for ingredients such as flavoring, food starch, seasoning and/or spices, people with gluten sensitivity should avoid them.