

BOUNTIFULLY HEALTHY

# FOOD LABELS

Food labels protect us as the consumer. It is now law that all known allergens need to be listed on food labels and gluten is listed as an allergen.

The product either needs to list gluten as one of the ingredients or if it doesn't contain gluten, then it needs to say "gluten-free" or "free from gluten" or "certified gluten-free" or something along those lines.

Some products say "may contain gluten" or "made in a factory that uses gluten".

These are two of the more riskier labeling methods and need to be weighed by each person. Normally this is just a way of a company covering themselves "in case". Sometimes the word gluten may be camouflaged and it is good to know what other terminology is included in gluten.

A word of caution: please be careful of words and phrasing like "gluten friendly", "gluten safe", "low gluten" as these are misleading. Most of these phrases are used for products that do indeed contain gluten. Normally you will find them on sourdough or spelt products as they do indeed contain less gluten. However, they are still not safe for someone with Celiac Disease.

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**FOOD LABELS**

Look out for:

Wheat

Barley

Rye

wheat flour

wheat bran

wheat germ

graham flour

durum flour

bulgar wheat

farina

semolina (couscous)

spelt

kamut

einkorn

emmer

farro

panko

seitan

orzo

atta

Oats (must be labeled gluten-free )

Malt

Brewer's yeast

Yeast extract (can be gluten)

hydrolyzed wheat

triticale