

# Reading 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". I will cover this in a moment

**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. However, they are still not safe for someone with Celiac Disease.

"Low Gluten" is allowed in the UK. I will cover this later.

All you need to know for now is this one simple thing: **LABELS ARE YOUR FRIENDS. ALWAYS read labels**, even if you buy a food item on a regular basis because ingredients and recipes can change. Learn the other names for gluten (especially wheat, triticale, barley, rye, spelt, malt)

# Food Labels – learn these

## **GLUTEN**

- 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