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Cross contamination is when Gluten free food comes into **direct or indirect contact** with gluten-free containing foods or utensils in the preparation or handling of food. This then involves ingesting the gluten that has cross contaminated your food.

Research and studies have shown that in order for something to be termed “gluten free” it should not contain more than 20 parts per million.

Further studies have shown that anything from **10mg to 50mg of gluten on a daily basis** is enough to cause intestinal damage.

Since the average person doesn't have the tools to measure how much gluten is in each product they are consuming, What would this be the equivalent to?

The answer is: 10mg is the amount of gluten in a 350th piece of a slice of bread which is really comes down to crumbs!

So when a person with Celiac disease says “Even a crumb will affect me” they are not exaggerating!