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## Celiac Disease Label Reading Tips

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### Tips

You should carefully read all food labels and ingredient lists to see if the food contains wheat, barley, or rye. Although many sources of these grains will be obvious to you, others may not. The information that follows can help you identify hidden sources of wheat, barley, and rye in ingredient lists.

### Other Terms for Wheat

The following words indicate the presence of wheat, and foods with any of these ingredients should **not** be eaten:

- Bromated flour
- Durum flour
- Enriched flour
- Farina
- Flour
- Graham flour
- Phosphated flour
- Plain flour
- Self-rising flour
- Semolina
- White flour

Under the Food Allergen Labeling and Consumer Protection Act of 2004, if a food or an ingredient contains wheat or protein from wheat, the word “wheat” must be clearly stated on the food label. Practically speaking, this means that if another term for wheat is used in an ingredient list, the word “wheat” must be included on the food label either in the ingredient list or in a separate “Contains” statement. All packaged food products regulated by the U.S. Food and Drug Administration that are labeled on or after January 1, 2006, must be in compliance. For foods regulated by the U.S. Department of Agriculture (meat products, poultry products, egg products), only the common or usual name of ingredients is currently required.

### Foods and Ingredients Made From Barley

Several foods and ingredients are made from barley (unless it is otherwise stated on the food label). You should not eat any foods with the following ingredients:

- Beer, ale, porter, stout, and other fermented beverages (note: distilled alcoholic beverages, such as vodka and gin, are gluten free; in addition, there are gluten-free beers available)
- Malt
- Malt syrup or malt extract

- Malt flavoring
- Malted beverages
- Malted milk
- Malt vinegar (Note: other types of vinegar—such as cider, wine, and distilled vinegar—are gluten free)

## Ingredients Made From Wheat

Some ingredients, including modified food starch, dextrin, and caramel color, may be derived from wheat. Because of the labeling requirements of the Food Allergen Labeling and Consumer Protection Act of 2004, if an ingredient such as dextrin, caramel color, or modified food starch found in a food product contains protein from wheat, the word “wheat” must be included on the food label either in the ingredient list or in a separate “Contains” statement. This applies to flavorings, colorings, and incidental additives as well. In addition, if a spice blend or seasoning mix contains wheat, it must be stated on the food label.

## Processed Foods That May Contain Wheat, Barley, or Rye

Check the ingredient list of all processed foods for sources of wheat, barley, and rye. Following are some examples of processed foods that may contain these ingredients:

- Bouillon cubes
- Brown rice syrup
- Candy
- Cold cuts, hot dogs, salami, sausage
- Communion wafers
- French fries
- Gravy
- Imitation fish
- Matzo
- Rice mixes
- Sauces
- Seasoned tortilla chips or potato chips
- Seitan
- Self-basting turkey
- Soups
- Soy sauce
- Vegetables in sauce

## Supplements and Medications

Some medications (both prescription and over the counter) and vitamin and mineral supplements may contain ingredients made from wheat or barley. Talk with your physician and pharmacist about any medications you are taking. You also may want to contact the individual manufacturers and ask whether the supplement or medication contains any ingredients made from wheat or barley. The Food Allergen Labeling and Consumer Protection Act of 2004 also includes dietary supplements, infant formulas, and medical foods, so if a product contains wheat or wheat protein, including in the flavoring, coloring, or incidental ingredients, the word “wheat” must be clearly stated on the label.

### Notes