

The mission of the University of Chicago Celiac Disease Center is to raise diagnosis rates for celiac disease and meet the critical needs of people with the condition, through education, research, and advocacy.

# WHAT TO KNOW

## A Closer Look at Food Labels

The Food Allergen Labeling and Consumer Protection Act (**FALCPA**), which became effective January 2006, require the following:

› Any ingredient made from the top eight food allergens must be declared on the label of foods regulated by the U.S. Food and Drug Administration (**FDA**). The FDA regulates all food except meat, poultry and eggs.

Wheat is one of the top eight allergens.

**Rye, oats, and barley** (barley malt or malt) are currently not included in the top eight allergens

**Consider becoming an advocate!** Let your voice be heard about including barley and rye as allergens on food labels.

- › The allergen must be listed by its common name.
- › If the name of the allergen does not appear elsewhere in the ingredient statement, it must be listed in parentheses next to the ingredient or in a “contains” statement below or next to the ingredient list.
- › USDA-regulated foods do not have to list allergens under FALCPA, but are encouraged to do so.
- › Note that modified food starch may contain wheat, so look for more details in parenthesis. If there isn’t one, talk to your team or contact the manufacturer to verify the source of ingredients.

**Whether you are newly diagnosed or have been living with celiac disease for decades, education is key to staying healthy and enjoying a high quality of life.** At The Celiac Disease Center, one of our goals is to provide information that makes following a gluten-free diet as easy as possible.

If you have any questions, please reach out. Your care team is only a phone call away.



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## How to read a label

Fibre / Fibres 2 g	8 %
Sugars / Sucres 6 g	
Protein / Protéines 6 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	1 %
Iron / Fer	1 %

**Ingredients:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR), NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2, FOLIC ACID), SOYBEAN OIL, SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN, Malted Barley Flour, NATURAL FLAVOR.  
CONTAINS WHEAT, SOY.

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- The top 8 food allergens must be clearly listed in the ingredients section.
- Wheat is one of the top allergens, but barley and rye are not.

**Even though a food label may not list wheat as an ingredient, the food may still contain gluten!**

**When it comes to packaged foods, it can be hard to tell what is gluten free and what isn't.** Here are some examples of common gluten-free certification labels.



GFCO (Gluten Free Certification Organization)



National Celiac Association



National Sanitation Foundation



Beyond Celiac Gluten Free Certification Program

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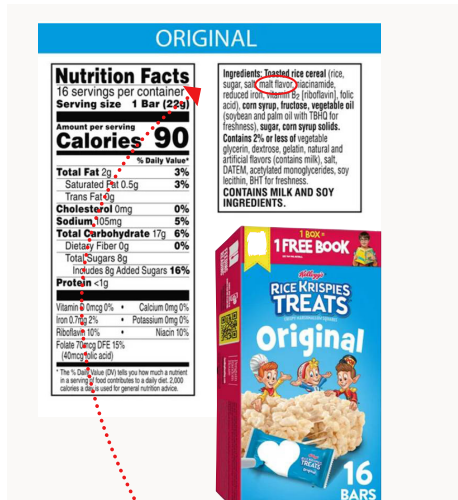
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## Label Reading for Gluten

INGREDIENTS: ENRICHED PARBOILED LONG GRAIN RICE RICE, NIACIN, FERRIC ORTHOPHOSPHATE (IRON), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, **ENRICHED VERMICELLI WHEAT AND DURUM FLOUR**, NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID, CORN STARCH, MALTODEXTRIN, CHICKEN FAT (WITH ROSEMARY EXTRACT TO PROTECT QUALITY), HYDROLYZED SOY PROTEIN, CORN SYRUP\*, SALT, CHICKEN POWDER, ONION POWDER, SUGAR, POTASSIUM CHLORIDE, CARROTS\*, PARSLEY, YEAST EXTRACT, NATURAL FLAVOR, DISODIUM GUANYLATE, DISODIUM INOSINATE, EXTRACT OF TURMERIC (COLOR), SPICE.\*DRIED MAY CONTAIN MILK, SULFITES.

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One common product has caused much confusion. At one time, Rice Krispies Treats were gluten free, but then malt flavor was added. Be sure to carefully read this label (and all labels) because changes in ingredients can and do change.

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## Other things to know about gluten-free food labeling

- › Currently, gluten-free labeling is voluntary. Always check the ingredients as some “gluten-free” products include gluten-containing oats or barley.
- › Know that naturally gluten-free foods may use the “gluten-free” claim (for example, apples, lettuce, soda, oil).
- › To be labeled “gluten free,” “without gluten,” “free of gluten,” or “no gluten,” a food must be tested and contain less than 20 parts per million of gluten.
- › Certified gluten-free labels indicate that an item meets FDA gluten-free standards and has been third-party tested.

## What to Know about Meat Products

Meat, poultry, and egg products are regulated by the U.S. Department of Agriculture (**USDA**) and therefore have different labeling requirements. Always check the ingredients of mixed meat products for gluten — hotdogs/salami, marinated meat cuts, and rotisserie chicken.

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