

Client Name _____ Date _____

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Celiac Label Reading 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

Some foods and ingredients are usually 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

*Communion wafers are made from wheat, but some manufacturers of gluten-free foods (e.g., Ener-G Foods, www.ener-g.com) make gluten-free wafers for use by persons with celiac disease. However, the Catholic Church does not allow people to use gluten-free hosts to celebrate the Eucharist. Catholics with celiac disease have been encouraged to take Communion in the form of wine only. The Congregation of Benedictine Sisters of Perpetual Adoration has developed a low-gluten Communion wafer that conforms to Canon law. For ordering information, contact the Benedictine Sisters at 1-800-223-2772 or visit the Web site at <http://www.benedictinesisters.org/>.

**Matzo and matzo meal are made from wheat. However, Shemura oat matzos are produced in England by Rabbi E. Kestenbaum for use by persons with celiac disease. For more information, contact Rabbi Kestenbaum at +44-208-455-9476, or visit the Web site at www.glutenfreeoatmatzos.com.

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.

One source of information on gluten-free medications is the booklet, *Celiac Sprue: A Guide Through the Medicine Chest*, available at <http://www.celiacmeds.com/>. Gluten-Free Drugs (<http://www.glutenfreedrugs.com>) is another source of information on gluten-free medications.

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: