

# Gluten-Free Foods

The basics on how to Identify a gluten-free food



A gluten-free diet excludes foods with gluten. **Gluten** is a protein found in **barley, rye, oats, wheat (B.R.O.W)**. When reading the food label, look for these **B.R.O.W** ingredients. If you see any of them listed in either an ingredients list or a precautionary statement, the product contains gluten. This means that it is not safe for people with celiac disease or gluten-related disorders to consume.

**The best way to know if a food contains gluten is by reading the food label.**

## B.R.O.W Ingredients



**BARLEY**



**RYE**



**OATS**



**WHEAT**

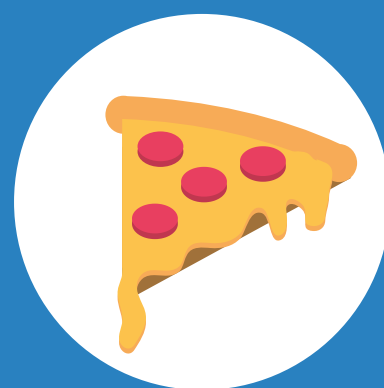
## Common Gluten-Containing Foods



Bread



Pasta



Pizza



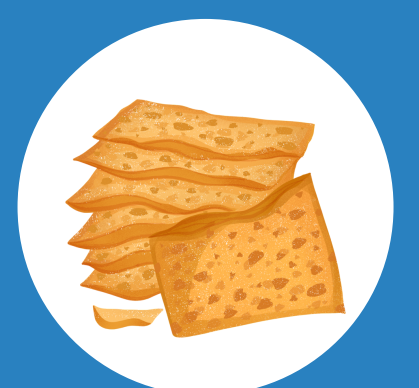
Baked goods



Cereals



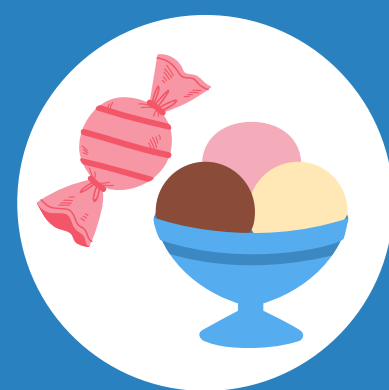
Beer / Malt / Ale



Crackers

Some well-known foods contain gluten, such as bread and pasta. However, gluten is found in some **unexpected foods** too, with some examples listed below. It is important to remember that not all variations of these foods contain gluten (i.e. not ALL chocolate contains gluten) but some do.

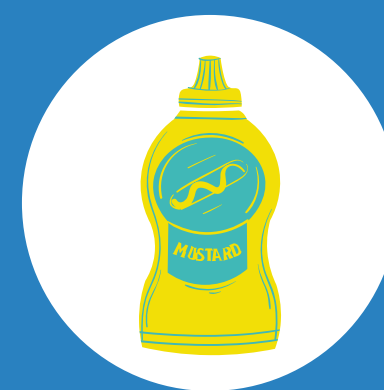
## Unexpected Gluten-Containing Foods



Chocolates, Candies & Ice Creams



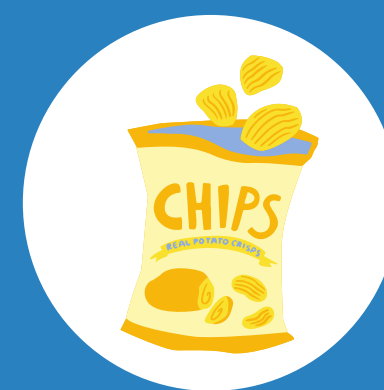
Seasoning Mixes



Condiments & Salad Dressings



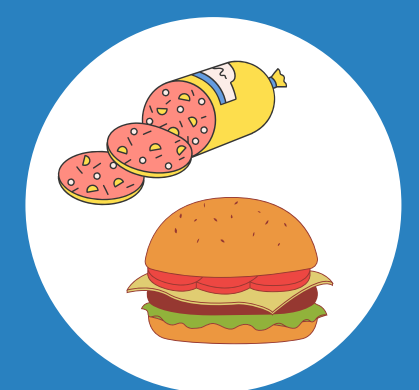
Soy Sauce



Potato Chips & French Fries



Soups & Gravies



Deli Meats, Processed Meats & Meat Substitutes

Keep in mind, single-Ingredient items (vegetables, fruit, eggs, cheese) are always best!

# Label Reading Guide

Steps to Identify Gluten In Food



All packaged food products have an ingredient list that lets us identify if the food contains gluten. There may be visible claims and symbols as well to help us identify gluten.

By reading labels, we can recognize if the food is safe to eat.

## Steps

### 1 Read the Ingredients

In the ingredients, check for **B.R.O.W (barley, rye, oats, wheat)**. If you see any of these ingredients, the product contains gluten and is not safe for those with celiac disease.

### 2 Check the 'Contains Statement'

If the food contains a priority allergen, it will be stated here. The two allergens that contain gluten are **wheat** and **triticale**. If you see either of these ingredients, it contains gluten.

### 3 Check the 'May Contain Statement'

These statements are not regulated, and therefore, optional; not all ingredient lists will have one. If present, check for **B.R.O.W** ingredients.

**Ingredients:** Enriched **Wheat** Flour, Canola Oil, Sugar, Glucose-fructose, Modified Milk Ingredients, Salt, Ammonium Bicarbonate, Baking Soda, Papain, Amylase, Protease, Natural Flavour.  
**Contains:** Milk, **Wheat**.  
**May contain:** Soy.

Does this food contain gluten?  
Yes. It contains **wheat**.

If no gluten-containing ingredients are present on the label, the product is gluten-free. However, there are some **exceptions**.

## Exceptions

Some foods are at high risk of gluten cross-contamination. The following products should only be consumed if they have a **gluten-free claim**.



- Most grains, like oats, quinoa, sorghum, amaranth & buckwheat
- Pulses, like beans, peas & lentils
- Flours made from these grains & pulses
- Baked products
- Cereals
- Pastas
- Starches, such as arrowroot, potato, tapioca & corn
- Flax & hemp seeds

## Other Steps

Many products are **certified gluten-free**. Look for the following logos on food packages.

For more help, please refer to the [CCA Labelling Guide Resource](#).

