

Learn to Read a Label for Gluten in 3 Easy Steps



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'

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

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 (barley, rye, oats, wheat)** 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 and buckwheat
- Pulses, like beans, peas and lentils
- All flours made from these grains and pulses
- Cereals
- Pastas
- Flax seeds
- Hemp seeds
- Baked products

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](#).

