

IS IT GLUTEN FREE?



Step 1: Check for a logo or gluten free claim:



OR

Is labeled "**Gluten Free**"

No Label? Go to **step 2**

Step 2: Check for high risk items:

High risk items that **must** be labeled gluten free:

- Breakfast Cereals
- Lentils
- Oats
- Granola
- Flours
- Bread and Buns
- Seeds
- Couscous

Not labelled Gluten free



Not high risk? Go to **step 3**

Step 3: Check ingredients for allergen warnings:

"Contains wheat/oats/barley/rye/spelt"



"May contain wheat/oats/barley/rye/spelt"



"Made in a facility that also processes wheat/grains"



No allergen warning? Go to **step 4**

Step 4: Read the ingredients:

Gluten Free

- Amaranth
- Arrowroot
- Buckwheat
- Cassava
- Corn/Maize
- Egg
- Glutinous Rice
- Milk
- Polenta
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff

Contains Gluten

- Barley
- Bulgar
- Cereal binding
- Couscous
- Durum
- Farro
- Graham
- Kamut
- Malt
- Rye
- Semolina
- Spelt/Dinkel
- Triticale
- Wheat
- Wheat Germ