# HOW TO READ A LABEL FOR GLUTEN FREE & WHEAT ALLERGIES

The Food Code requires a label include an INGREDIENTS statement, a CONTAINS statement and many also include a Precautionary Allergen Labelling statement.

## The INGREDIENTS statement:

If an ingredient comes from wheat, rye, barley, or oats, it will be clearly stated in bold in the ingredient list. If these grains are not mentioned, it means none of the ingredients are derived from gluten-containing grains.

**Ingredients**
Whole Grain Cereals (64%) [**Wheat** (31%), Corn (24%), **Oats** (4.5%), Rice (4.5%)], **Wheat** Starch, Sugar, Honey (3.5%), Vegetable Oil, Chicory Root Fibre, Colours (Caramel 1, Annatto), Salt, Natural Flavour, Acidity Regulator (Trisodium Phosphate).

## The CONTAINS statement:

The 'Contains' statement lists specific allergen foods in a product. The food code requires gluten and wheat be listed as separate ingredients.

**Contains: gluten, wheat, milk, soy.**

**CONTAINS MILK, RYE, CEREALS CONTAINING GLUTEN**

## Exceptions to the rules:

Sometimes a product will list that it contains wheat, barley or rye, however the product states it is gluten free. This is because after food processing the total content of gluten in the product is less than 20ppm and is therefore deemed GF. Examples include:

- **Wheat derived glucose, Caramel colour (150), Dextrose (wheat)**, Fructose (wheat), Maltose (wheat), Sorbitol (wheat), Maltitol 965, Gluconodelta-lactone 575, Glutamate based flavours 620-625
- Food additives sourced from wheat or barley are safe to eat unless listed after the number eg **234 (Barley)** and **1400 - 1450 (Wheat)**

## The Precautionary Allergen Labelling statement:

These are voluntary statements and can be:
- 'May be present: Gluten',
- 'May contain: Wheat',
- 'Manufactured on the same line as gluten containing products'

**MAY CONTAIN TRACES OF EGG, PEANUTS, SESAME, SOY, TREE NUTS, CEREALS CONTAINING GLUTEN**

For safety, it's best to avoid foods with gluten or wheat listed in this statement but it's an individuals choice.

## SUMMARY

- Products listed as **'gluten free'** are safe to eat
- Check **'wheat free'** as it may still include other gluten-containing ingredients, such as rye, barley or oats
- Avoid **'contains gluten'** or **'contains traces of gluten'**
- Avoid **'may contain traces of gluten/wheat'** (could be from cross-contamination)

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