



# gluten-free guide

## Grains That Contain Gluten

**Wheat, barley, rye, triticale, bulgur, durum, graham, kamut, spelt, semolina, oats.** (Note: oats do not intrinsically contain gluten but are often cross-contaminated through processing. Certified gluten-free oats are safe.)

## Items That Typically Contain Gluten

Bagels	Beer	Bread	Cakes
Canned Soup	Cereal	Cookies	Crackers
Donuts	Dough	Flour	Flour Tortillas
Frozen Meals	Gravy	Ice Cream Cones	Malted Beverages
Malted Candy	Marinades & Sauces	Meat Substitutes	Muffins
Pastas	Pizza	Pretzels	Soy Sauce
Waffles			

Check out our [searchable gluten-free food list](#) to find out if your favorite foods and drinks are safe to eat. This and more on our website: [theglutenfreebar.com](http://theglutenfreebar.com)

## Certified Gluten Free



The FDA defines “gluten-free” as less than 20 parts per million (PPM) of gluten, but the Gluten-Free Certification Organization (GFCO) certifies products that contain half of that (10 PPM), for an added layer of safety. They ensure that manufacturers comply with their standard. The presence of this logo is the safest way of knowing that a product is gluten-free.

## Other Gluten-Free Logos

Some companies will claim that a product has “zero gluten” or has “no gluten ingredients” but if it is not *certified* as gluten-free, it’s best to contact the company directly to clarify.



## Reviewing the Ingredient List for Gluten

In the U.S., all companies are required by law to declare when a product contains wheat. Check the end of a product’s list of ingredients for “Contains: Wheat”. If it does not contain wheat, look for ingredients containing Rye, Barley, Malt, or Oats. (Note: oats do not intrinsically contain gluten but are often cross-contaminated through processing. Certified gluten-free oats are safe.)

(DURAM WHEAT SEMOLINA, VITAMIN B3, IRON, VITAMIN B1, VITAMIN B2, FOLIC ACID), ORGANIC LENTIL BEANS

CONTAINS: Eggs, **Wheat**

## Facilities That Also Process Wheat

For any product not certified as gluten-free, check the label to see if it’s “made in a facility that also processes wheat” or “made on equipment shared with wheat products”. If it is, the risk of cross-contamination can be high, and those on a strict gluten-free diet should avoid these products.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	<b>Total Fat</b> 5g	<b>8%</b>	<b>Total Carb.</b> 17g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 4g	<b>17%</b>	
Trans Fat 0g		Sugars 1g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 7g		
<b>Calories</b> 140	<b>Sodium</b> 420mg	<b>17%</b>		
Cal From Fat 45	Vitamin A 4% • Vitamin C 0% • Calcium 4% • Iron 1%			

**INGREDIENTS:** FALAFEL MIX (CHICK PEAS, FAVA BEANS, SPICES, SALT, GARLIC POWDER, ONION POWDER, BAKING POWDER, DEHYDRATED PARSLEY, CORN OIL), WATER, NON GMO CANOLA OIL.

**PROCESSED IN A FACILITY WITH EQUIPMENT THAT USES MILK, EGGS, SHELLFISH, SOY AND WHEAT.**