

Gluten-Free Grocery Shopping

GLUTEN-FREE PRODUCTS



- Make sure to read nutrition labels carefully.
- Start by looking for the words "gluten-free."
- Some foods labeled "gluten-free" may also contain wheat starch. If the food is gluten-free, it should state, "The wheat has been processed to allow this food to meet the FDA requirements for gluten-free foods."
- If you have a SEVERE gluten sensitivity, do not eat foods containing wheat starch that are not labeled gluten-free.

PRODUCTS THAT AREN'T LABELED GLUTEN-FREE

- When a product is not listed as "gluten-free," look for these words in the ingredient list:
 - wheat, rye, barley, oats, and malt (unless a gluten-free source is listed such as corn malt)
- If it contains any of these ingredients, don't buy it.
- Do not eat foods labeled "contains wheat" listed next to the ingredients.
- Food products that seem as though they might be gluten-free, such as rice mix, may have traces of gluten.

Nutrition Facts	
4.5 servings per container	
Serving size	2 pieces (57g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 17g	6%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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

PROCESSED IN A FACILITY WITH EQUIPMENT THAT USES MILK, EGG, SHELFISH, SOY, AND WHEAT

DOES IT SAY GLUTEN-FREE?

If yes, then by U.S food labeling laws, that item has 20ppm (or less) of gluten and is considered celiac-safe and you can stop reading the label here..

IF IT DOESN'T SAY GLUTEN-FREE ANYWHERE, CHECK THE INGREDIENTS FOR GLUTEN

Be cautious of broad ingredients (like spices, natural flavoring etc.). If you don't know if it's safe, say NO.

Also consider calling or messaging the manufacturer or brand on social media.



CHECK THE ALLERGEN STATEMENT