

The NEW FDA Gluten-Free Standard

The Standard States:

- “Gluten-Free” foods must have **less than 20 ppm gluten**.
- The following terms will mean a food with less than 20 ppm gluten.
 - “Gluten-Free”
 - “Free of Gluten”
 - “No Gluten”
 - “Without Gluten”
- “Gluten-Free” claim may be listed on foods that never contained gluten (such as raw vegetable, fruits, or water).
- Foods with gluten-containing grains that are refined to remove the gluten may use the claim, as long as the food contains less than 20 ppm gluten (grains such as wheat starch).
- “Gluten-Free” standards go into effect: **8/5/14**.

Alerts — Please Be Aware:

- The following terms may be used, but **DO NOT** mean a food is “Gluten-Free”:
 - **Made with No Gluten-Containing Ingredients**
 - **Not made with any Gluten-Containing Ingredients**
- Hydrolyzed and fermented ingredients such as soy sauce and barley malt extract may be labeled “Gluten-Free” even though there is currently no reliable test to measure their gluten content.
- Manufacturers’ **DO NOT** have to **test** to ensure their products are gluten-free.
- The FDA will only test products following a complaint.
- “Gluten-Free” can appear on a food label, while the statement “Processed in a Facility that also Processes Wheat” is also on the label.
- The new standard does not require a statement about oats or any other grains needing to be “Gluten-Free” if included in a product.
- The FDA ruling does not apply to meat, poultry or egg products as this is the responsibility of the USDA.
- The FDA standard does not enforce the effect of the law for restaurants and other retail establishments selling **away-from-home** foods. Establishments making a “Gluten-Free” claim **should be** consistent with the “Gluten-Free” standards.



Recommendations:

- Even when labeled “Gluten-Free”, always read ALL product ingredient labels carefully.
- Purchase grain products and products containing grain or legume flours from large, reputable companies who test their products for gluten.
- If you feel that a product labeled “Gluten-Free” does not comply with the FDA standard, contact the FDA (for Utah call: 303-236-3044).

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