

Buddy Shopper

C H E C K L I S T

Use this label reading checklist to assist you in quickly identifying if a packaged product is Gluten-Free or not.



*GF
for life*

Step 1. A quick indication the product is Gluten-Free

- Look for the words Gluten-Free.
- Look for the Crossed Grain Symbol.



Step 2. Look for allergen or contains statement

- For a quick indication that a product is NOT Gluten-Free read the package for an 'allergen' or 'contains' statement.
- If it says it contains WHEAT, is it one of the wheat exceptions? See step 3.
- If it mentions B.R.O.W.S. barley, rye, oats, wheat, spelt, or gluten, then the product is NOT Gluten-Free.

Step 3. The five exceptions

- There are FIVE wheat exceptions:
Dextrose, Caramel Colour, Glucose/glucose syrup, Maltodextrin and Corn syrup.*
- If the only source of wheat is one of our exceptions the product may be safe to consume if no other gluten grains are present.

**Please note these products are NOT safe for someone with a wheat allergy.*

Step 4. Read the ingredient list

- Avoid B.R.O.W.S search for the words, Barley Rye, Oats, Wheat, Spelt, or Gluten.
- Avoid products with may contain statements. They indicate a potential risk of cross-contamination.
- Foods may become cross-contaminated when products are produced in a shared factory site.
**These voluntary statements are not regulated by legislation.*

Step 5. If in doubt, put it back

- Choose an alternative item.
- If the label is hard to understand, put the product back.
- Look for further information online or by contacting the manufacturer directly.
- Sometimes ingredients and labels change on a product so checking is important each time you shop.

**International labels have to abide by the FSANZ GF claim 'no detectable gluten'.*



www.coeliac.org.nz