



"Gluten Free" defined

When you see the words "gluten free" on a package, what does it mean? Now there are clear guidelines set out in regulation and in implementation guidelines from Health Canada.

1. No ingredients that contain any gluten proteins from barley, oats, rye, triticale, or wheat, including kamut and spelt, have been deliberately added to the product.
2. No ingredients that contain modified or hydrolyzed proteins from those same grains have been deliberately added to the product.
3. Gluten levels in the product from accidental gluten contamination are less than 20 parts per million (ppm).
4. Good manufacturing practices have been used to minimize the risk of accidental contamination from gluten grains.
5. Any ingredients made from gluten grain have been processed to remove the gluten protein using methods that have been demonstrated to be effective. Wheat glucose syrup and wheat maltodextrin are ingredients that fit in this category.
6. Recognized testing methodologies have been used to measure gluten levels.

What's changed?

1. A specific limit for the maximum amount of gluten present as a result of accidental contamination has been set. This value was set based on scientific evidence on the safe threshold for people with celiac disease and estimates of the amount of gluten-free food people consume per day.
2. Ingredients derived from wheat that have been demonstrated to contain no gluten protein are permitted in gluten-free food. The most common ingredients that fit this class are glucose syrup derived from wheat and maltodextrin derived from wheat. Both of these products are carbohydrates that do not contain any protein.
3. Manufacturers have been given guidance about what tests to use to detect gluten, especially when there is concern about hydrolyzed or fragmented proteins which can be difficult to detect.
4. Clear directions have been given that it is not acceptable to deliberately add small amounts of gluten products, even if the overall level of gluten is less than 20 ppm. This includes tiny amounts of wheat flour in a seasoning mixture or barley malt used to add flavor.



Still have questions? Contact the Canadian Celiac Association: www.celiac.ca or askthecca@celiac.ca

copyright © 2012 Canadian Celiac Association/ L'Association canadienne de la maladie coeliaque