
A FOOD-LABEL REFERENCE

At the shelf, one label at a time.

Keep the basics close by when you compare packaged foods. A familiar brand name is only the start.

01 / LOOK FOR THE CLAIM

Know what the words mean.

On FDA-regulated foods, a gluten-free claim requires both permitted ingredients and less than 20 parts per million of gluten. The claim is voluntary; its absence is not a verdict by itself. [1]

02 / READ THE PACKAGE

Wheat-free is not gluten-free.

Wheat, barley and rye contain gluten. A wheat-free statement does not rule out barley or rye. Review the current ingredients and gluten-free information, including sauces and seasonings. [1,2]

03 / KEEP CLAIMS DISTINCT

A statement is not a certification.

FDA also recognizes “no gluten,” “free of gluten” and “without gluten.” “No gluten ingredients” is different. Third-party certification is not required by FDA, and certification programs can have different standards. [1]

General education and planning prompts. Use guidance specific to your needs from your own care team.

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Make room for questions.

You do not have to solve every product question during one grocery trip. Save the details, then ask a specific question.

SAVE THE EXACT PRODUCT

Keep its name, flavor, package size, ingredient label and any gluten-free statement together. A photo helps you refer to the same item when you contact the manufacturer.

A QUESTION TO ADAPT

Can you confirm the gluten-free status of [exact product and size] sold in [country]? I have a question about [ingredient or statement]. What current product information can you provide?

CHOOSE YOUR NEXT STEP

If the answer does not establish whether the product fits your needs, choose a clearer alternative and bring unresolved dietary questions to your care team. For celiac disease, discuss oats with your clinician or dietitian; use gluten-free oats if including them. [2]

U.S. FDA-regulated packaged-food context. Do not apply this card as a rule for medicines, USDA-regulated products or all alcoholic drinks. Gluten-free does not address every food allergy. [1,2]

[1] [FDA: Gluten-Free Food Labeling Questions and Answers](#)

[2] [NIDDK: Eating, Diet, & Nutrition for Celiac Disease](#)

Sources checked September 13, 2026. Personal meal arrangements require current answers from the relevant venue or manufacturer.