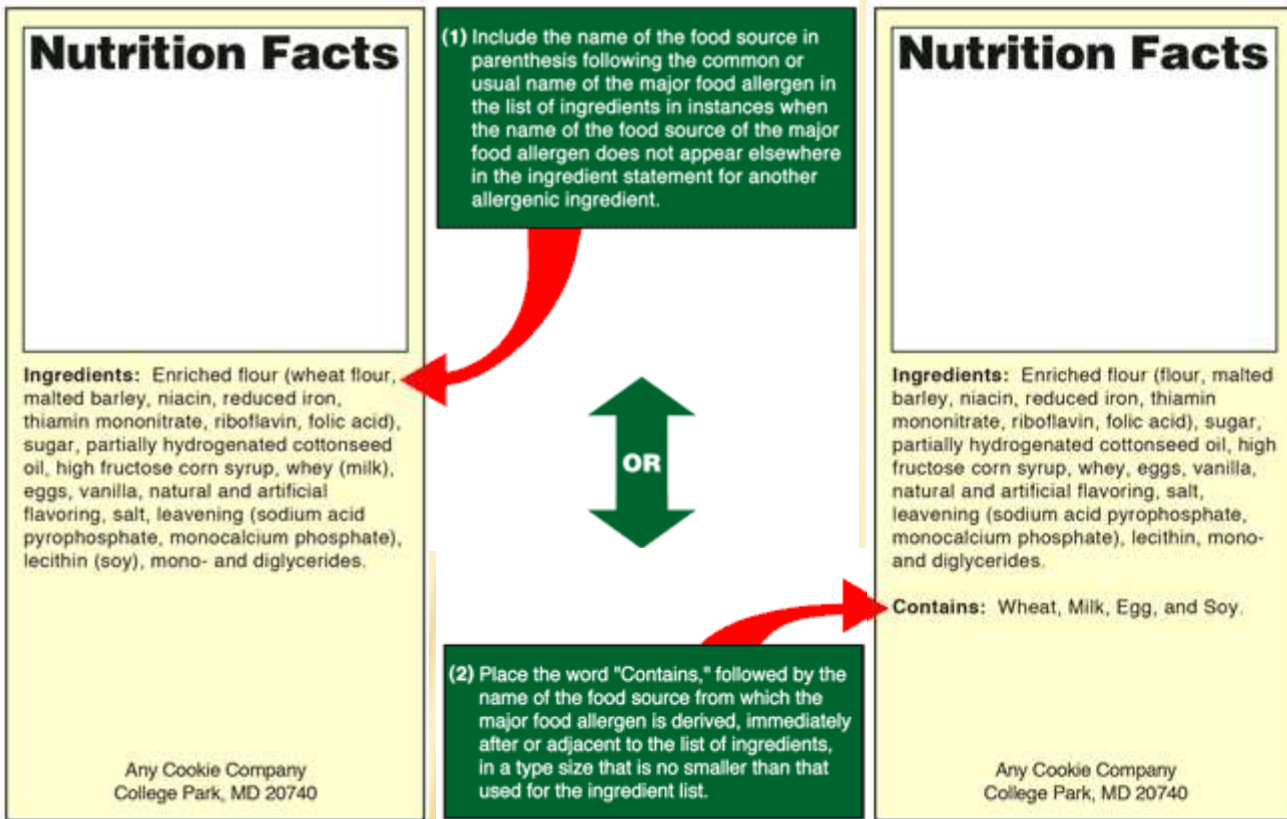




READING INGREDIENT LABELS

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WHAT'S IN A LABEL



LABELS

- ✘ Name the ingredients.
 - + *Ingredients: Tomatoes, peppers, wheat, rice...*
- ✘ Common names (ingredients in parentheses)
 - + *Ingredients: Enriched flour (wheat flour, malted barley, niacin...)*
- ✘ Contains Statements
 - + *Contains Wheat, Milk, Eggs, Soy*

WHAT THE LAW REQUIRES

- ✘ Food Allergen Labeling and Consumer Protection Act of 2004
 - + Requires labeling for 8 major allergens covering 90% of food allergies
 - ✘ Milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts and soybeans.
 - ✘ Food ingredients containing proteins from these allergens
 - ✘ Also covers flavors, colors and food additives
 - ✘ **Not covered– rye and barley**

THE LAW AND GLUTEN

- ✘ Requires - definition of gluten-free
 - + Final rule was due August 2008
- ✘ Proposed Standard 20 ppm
 - + Controversial but reasonable & realistic
- ✘ Voluntary
 - + GF labels not required
 - + GF labels may not be applied to foods that are naturally gluten-free

DEALING WITH OPTIONAL STATEMENTS

- ✘ Made in a facility that processes...
- ✘ May contain...

- ✘ OPTIONS
 - + Call the manufacturer
 - + Avoid the product
 - + Take a chance

RYE, BARLEY AND OATS

- ✘ Must be labeled as ingredients but not as allergens
- ✘ **Rye and barley** contain gluten and must be avoided.
- ✘ **Rye** is rare
- ✘ **Barley** is everywhere
- ✘ **Pure oats are safe** but most commercial oat sources can be contaminated with gluten

BARLEY

- ✘ **Barley** contains gluten
- ✘ Watch out for the word “**malt**”
 - + **Malt**, **Malt** Extract, **Malt** Flavoring, **Malt** Syrup
 - + All contain gluten from **barley**
- ✘ Safe ingredients with the word malt in them
 - + **Maltodextrin** – made from non-gluten grains
 - + **Maltol** – synthetic flavoring

OATS

- ✘ Pure oats do not contain gluten
- ✘ Most oats are contaminated with gluten-containing grains*
 - + McCann's Steel Cut Irish: 3 to 725 ppm gluten
 - + Country Choice organic: 3 to 210 ppm
 - + Quaker: 338 to 1807 ppm
- ✘ Gluten-free oats are available

*The New England Journal of Medicine (Thompson T. NEJM. 2004;351:2021-2022)

GLUTEN-FREE OATS

✘ Available from:

- + Bob's Red Mill (www.bobsredmill.com)
- + Cream Hill Estates (www.pureoats.com)
- + Gifts of Nature (www.giftsofnature.net)
- + Gluten-Free Oats (www.glutenfreeoats.com)
- + Only Oats (www.onlyoats.com)

FACTS ABOUT INGREDIENTS

- ✘ Vinegar

 - + All vinegars are safe except for **malt** vinegar

- ✘ Alcohol

 - + Safe as an ingredient in foods

- ✘ Starch

 - + Must come from corn or be labeled otherwise

- ✘ Spelt is wheat

RULES FOR READING INGREDIENTS

1. Read the **Contains** statement first
2. Read the **Ingredients** statement next
3. Read the rest of the label
4. **READ EVERY LABEL – INGREDIENTS CHANGE**
 - + **Formulation changes**
 - + **Different manufacturing facilities**
 - + **Different lots**

HOW TO BE A SAFE CELIAC

- ✘ Never knowingly consume gluten.
 - + Even just a little.
- ✘ Read Labels.
- ✘ Call manufacturers if in doubt.
- ✘ Educate yourself.
- ✘ Question what you read on the Internet.
- ✘ Don't live in fear.

GLUTEN ALLERGY, INTOLERANCE/SENSITIVITY & CD

- ✘ Allergy – Abnormal sensitivity to a substance. Symptoms may include sneezing, itching and skin rashes
- ✘ Gluten Intolerance/Sensitivity – Characterized by:
 - + Distress when eating gluten
 - + Relieved on a gluten-free diet
 - + No medical test, not well researched
- ✘ Celiac Disease – An autoimmune condition

GLUTEN INTOLERANCE VS. CELIAC DISEASE

GLUTEN INTOLERANCE VS. CELIAC DISEASE

	Gluten Intolerance	Celiac Disease
Tests TTG - IgA*/IgG	Negative	Positive
EMA - IgA*/IgG	Negative	Positive
Allergy testing	No	No
Damage to intestinal lining	Probably No	Yes
Gluten-free diet beneficial	Yes	Yes

*Tests negative with selective IgA deficiency
Reviewed by GIG medical advisors.

GOOD INFORMATION SOURCES

- × Gluten-free Living Magazine
 - + www.glutenfreeliving.com
 - + \$34/year
- × Gluten Intolerance Group
 - + Quarterly Newsmagazine
 - + \$35/year
 - + www.gluten.net
- × Books
 - + Gluten-Free Diet – A Comprehensive Resource Guide by Shelley Case
 - + Celiac Disease: A Hidden Epidemic by Peter H.R. Green, Rory Jones
- × Web Site – Tricia Thompson MS, RD
 - + www.glutenfreedietitian.com - see the “Resources” page
- × Rochester Celiac Support Group
 - + www.rochesterceliacs.org

THE END

Questions???