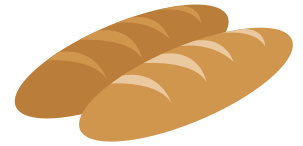


# GLUTEN: THE BASICS

## WHAT IS GLUTEN?

Gluten is a protein found in wheat, barley, rye and derivatives of those grains. It holds dough together like "glue" to give foods such as cakes and breads the proper texture and structure.



## SHOULD I GO GLUTEN FREE?

A gluten free diet is recommended for individuals that have been diagnosed as gluten intolerant or have been diagnosed with celiac disease. If you feel that you are gluten intolerant or have celiac disease, it is a good idea to talk to your doctor or clinical dietitian before starting a gluten free diet. Fiber, iron and B vitamins are commonly found in foods with gluten, so it is important to consume these nutrients from other foods when going gluten free.

## GLUTEN FREE LABELING

For a food to be labeled "gluten free" it needs to contain 20 parts per million or less of gluten. Due to high demand for gluten free products, many foods such as breads, bakery, baking mixes, cereals and pastas that would traditionally have gluten in them are now being made gluten free. Here are some certified gluten free labels to look for when choosing gluten free products.



## NATURALLY GLUTEN FREE FOODS

- Corn
- Rice
- Millet
- Sorghum
- Buckwheat
- Quinoa
- Certified Gluten Free oats



- Fruits
- Vegetables
- Nuts
- Seeds
- Unprocessed and unseasoned meats
- Dairy
- Legumes



There is no requirement for foods to be labeled gluten free, so some foods that are naturally gluten free are not labeled as gluten free.

## ARE YOU NEW TO A GLUTEN FREE DIET?

Go to [festfoods.com/glutenfree](https://festfoods.com/glutenfree) to request a complimentary care package of gluten free product samples!