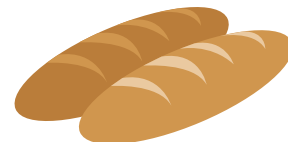


# GLUTEN: THE BASICS

## 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 texture and structure.

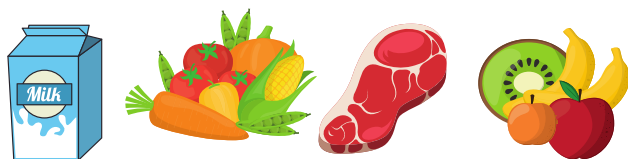


## SHOULD I GO GLUTEN FREE?

A gluten free diet is recommended for individuals that have been diagnosed with gluten intolerance or 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 sources when going gluten free.

### NATURALLY GLUTEN FREE FOODS

- Fruits
- Vegetables
- Nuts
- Seeds
- Unprocessed and Unseasoned Meats
- Dairy
- Legumes
- Corn
- Rice
- Millet
- Sorghum
- Buckwheat
- Quinoa
- Certified Gluten Free Oats



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.

### 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 items, baking mixes, cereals and pastas that would traditionally have gluten in them are now being made gluten free. Below are some certified gluten free labels to look for when choosing gluten free products.



## ARE YOU NEW TO A GLUTEN FREE DIET?

Visit [festfoods.com/glutenfree](https://festfoods.com/glutenfree) to request a complimentary care package with gluten free product samples and resources!