

Gluten Free Shopping Guide

Easy as 1-2-3!

Let's
Simplify

1. Look for the words "Gluten Free" or this symbol:



This is great but not mandatory.

2. Read the list of ingredients.

Do not buy items with:

- Wheat
- Oats
- Rye
- Brewer's Yeast
- Barley
- Malt/Malt Flavoring
- Spelt, Semolina
- Soy Sauce
- Farro, Kamut
- Wheat Starch

3. Look at the Allergen Statement Located under the list of ingredients.

Do not buy if it says:

- CONTAINS WHEAT
- MAY CONTAIN WHEAT
- PROCESSED IN A FACILITY THAT ALSO PROCESSES WHEAT

Check Every Label • When in Doubt Go Without!