

Choosing Gluten-Free Foods

Introduction:

This information about label reading is designed to provide tips for choosing gluten-free foods and is for people with diagnosed gluten intolerance.

Gluten:

Gluten is part of the protein found in certain grains. It is comprised of gliadin and glutenin and is present in wheat, barley and rye. Derivatives of these grains such as **flours** and **starches** made from wheat, barley, and rye also contain gluten. Oats have a related protein that is similar to gluten.

Gluten Intolerance:

Certain people cannot properly digest and metabolize gluten due to a genetic condition. In particular, the gliadin component of gluten is problematic for these individuals. This condition, known as *celiac disease*, is often diagnosed with a blood test and a biopsy of tissue in the small intestine. Once medically diagnosed, the recommended treatment is to follow a gluten-free, gliadin-free diet for life.

We understand how important it is for people who have been medically diagnosed with gluten sensitivity to have accurate information about foods to help plan their meals and diets. Our policy for all Kraft products, including Oscar Mayer and Nabisco brands, is to list gluten-containing ingredients in the ingredient statement on the package label.

Reading Labels:

Carefully read the ingredient statements on all food labels **each time** you make food selections. This enables you to obtain the most **accurate** ingredient information for the specific products you select. It also allows you to get the most **current** information since ingredients in products may change over time. The ingredient information on labels of Kraft products is very specific to help you make accurate and informed choices. If a Kraft product contains gluten, a source of gluten will be listed in the ingredient statement, no matter how small the amount. For labeling purposes, we include wheat, barley, rye and oats as sources of gluten.

Examples of Ingredient Statements:

1) A Kraft product has a gluten-containing grain. The grain is listed in the ingredient line using commonly known terms such as wheat, barley, rye or oats.

POST® Premium Raisin Bran Cereal



INGREDIENTS:

WHOLE GRAIN WHEAT, RAISINS, **WHEAT BRAN**, SUGAR, CORN SYRUP, SALT, **WHEAT FLOUR**, **MALTED BARLEY FLOUR**, HONEY, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, ZINC OXIDE (SOURCE OF ZINC), VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), FOLIC ACID, VITAMIN B12, VITAMIN D.

HONEY MAID® Graham Crackers



INGREDIENTS:

ENRICHED FLOUR (WHEAT FLOUR), NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED SOY- BEAN OIL, **GRAHAM FLOUR**, HONEY, HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, **MALTED BARLEY FLOUR**.

Gluten-containing ingredients are shown in bold for these examples.

2) A Kraft product is made with an ingredient that contains a source of gluten and that ingredient is the only source of gluten in the product. The grain source is listed in parentheses after the ingredient. This method is used, as necessary, to identify ingredient sources for natural flavor, modified food starch and others.

KRAFT® EASY CHEESE® Pasteurized Process Cheese Spread - Cheddar n' Bacon



INGREDIENTS:

MILK, SKIM MILK, MILKFAT, WHEY, LESS THAN 2% OF SALT, SODIUM CITRATE, SODIUM PHOSPHATE, LACTIC ACID, SORBIC ACID AS A PRESERVATIVE, AUTOLYZED YEAST EXTRACT, **NATURAL FLAVOR (CONTAINS SOY AND BARLEY)**, CARRAGEENAN, HYDROLYZED SOY AND CORN PROTEIN, MONOSODIUM GLUTAMATE, TOMATO POWDER, HYDROLYZED CORN PROTEIN, SPICE, BACON (CURED WITH WATER, SALT, SUGAR, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE), DRIED ONIONS, DRIED GARLIC, CHEESE CULTURE, ENZYMES, LACTOSE, ARTIFICIAL COLOR.

Tips about Common Ingredients:

- ❖ Food Starch and Modified Food Starch: When listed in the ingredient statement of Kraft products, “food starch” and “modified food starch” often refer to corn starch. Our ingredient suppliers assure us that the corn starch we use in our products does not contain gluten. If a Kraft product uses food starches from a gluten-containing source, such as wheat starch, the source will always be identified in the ingredient statement.
- ❖ HVP (Hydrolyzed Vegetable Protein): If a Kraft product uses hydrolyzed vegetable protein, the source will always be identified in the ingredient statement.
- ❖ Mustard/Mustard Flour: This ingredient does not contain gluten.
- ❖ Vinegar: When listed in the ingredient statement of Kraft products, distilled vinegar is used. According to our ingredient suppliers, the distilled vinegar we use does not contain gluten.

Making Gluten-Free Food Choices:

- ❖ Always read labels! Product ingredients are subject to change over time. The ingredient statement is the most current and accurate way to identify what is in a food or beverage product. In this way, you can make informed food choices.
- ❖ Exclude foods that contain wheat, barley, rye or oats. Also, exclude derivatives from these grains such as durum wheat flour, graham flour, kasha, wheat germ, bran and bulgar, triticale, kamut, spelt or mir.
- ❖ Include foods that contain rice or corn. Other acceptable starches can include potato, arrowroot, tapioca, soy and legumes.
- ❖ Follow the advice of your health professional. Health professionals often recommend a diet comprised mainly of fresh foods such as fruit, vegetables, meat, chicken, fish, eggs and some dairy products. A multiple vitamin and mineral supplement may also be recommended.
- ❖ Seek specialty information from credible sources. Gluten-free cookbooks, gluten-free food items, newsletters, websites and support groups can provide assistance and additional resources.

Conclusion:

We realize that making accurate food choices is important to people who follow a gluten-free diet. To help you make appropriate food selections, ingredient statements of Kraft, Oscar Mayer and Nabisco products clearly identify any product that contains a source of gluten. Please remember to carefully read ingredient statements each time you make food selections. For personalized information about your medical condition, seek the advice of a health professional and specialty resources.

Labeling practices and tips are based on Kraft Foods approach to manufacturing and labeling products. Practices used by other manufacturers may differ. Check with a health professional for personalized medical advice.

Additional Resources:

<p>The American Dietetic Association 120 S. Riverside Plaza, Suite 2000 Chicago, IL 60606-6995 1-800-877-1600 www.eatright.org</p>	<p>Celiac Disease Foundation 13251 Ventura Blvd. #1 Studio City, CA 91604 1-818-990-2354 www.celiac.org</p>
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