

Getting Started

A Guide for the New Celiac

Suffolk County Celiacs

A branch of the Gluten Intolerance Group

www.suffolkcountyceliacs.org

WELCOME

The Suffolk County Celiac Group (a branch of the Gluten Intolerance Group) welcomes you. We are here to assist you and answer any questions you may have as you begin your trip on the road back to good health.

We meet the first Wednesday of every month (except January and August) at I.B.E.W. 370 Vanderbilt Motor Parkway, Hauppauge, NY 11788 at 7:30 pm.

Many of our members bring in foods we have made and share these recipes with cooking demonstrations. Some of our members are the greatest cooks and help the rest of us with these strange new flours we have to learn to use; any problems are discussed, whether with baking or shopping or whatever. Information that we have received through some of the publications is shared, since not everyone belongs to the same groups.

Through sharing our experiences and information with each other, we are learning each day that there are more and more safe foods available and there is no reason to be deprived. We are happy with the foods we have found. Some of us are even gaining weight they never thought they could.

The following pages describe CD, and just barely scratch the surface about going on a GF diet, but it will give you a general idea on how to start. You will be surprised to learn just how many foods you can still eat. You may need to change brands here and there, but all is not lost. When in doubt, always call the 800 numbers provided on most food packages. The customer service representative will be more than glad to help you. However, run the other way if they say something like: "I do not find gluten listed on the ingredients." Then you know they don't have a clue. Overall, most are knowledgeable. Another good rule of thumb: **if in doubt...DON'T!!** Don't take chances with foods if you aren't sure they are 100% safe. An example is Kellogg's Corn Flakes or Kellogg's Rice Crispies. Although you think it is okay, usually there is malt in the ingredients. Or even if there is no malt, these cereals are run on the same lines as ones that are not safe and are thus contaminated. Always be careful.

This brochure lists some health food stores locally and out of town as well as organizations and online websites.

Listed are cookbooks you can find at various bookstores, the library and health food stores. If they do not have them on the shelf, just ask and they will be glad to order them for you. At least get yourself a Bette Hagman cookbook for starters. Currently, there are a plethora of Great GF cookbooks authored. It's as easy as going to Amazon.com or your local bookstore. As well, practice making your favorite dishes without gluten.

The publications listed later in this brochure are just some of what is available out there. They are full of valuable information and come out quarterly, and some every other month.

The Suffolk County Celiac Group is another resource. You can join and get invaluable information from seasoned members.

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DEAR NEW CELIAC FRIEND:

Here are a few tips for your new gluten-free lifestyle.

Shop the perimeter of your usual grocery store. You can eat:

- Any fresh fruits or vegetables
- Fresh meats such as beef, pork, chicken or fish (check for added natural flavoring or coatings)
- Frozen vegetables with no sauces
- Dairy products that contain no starches
- Legumes, nuts, seeds
- GF grains such as brown rice, quinoa, millet, amaranth
- Dessert - Edy's plain ice cream and frozen yogurt (none containing cookie dough or brownies). There are also many other ice cream brands you can have.

You need to **STAKE YOUR CLAIM** to one area of the kitchen. Keep your butter, jelly, toaster (*no one uses your toaster*), and other condiments in this area. Or, check into getting a "Toast-a-bag" which will allow you to use the family toaster. They are readily available, inexpensive and very transportable, great for traveling.

Until you learn more about your new lifestyle, we suggest the following GF condiments:

Heinz Ketchup
French's mustard
Hellman's mayonnaise
Salt and Pepper
White distilled, cider or apple vinegar and oil for a salad dressing

There are many alternatives to rice cakes! A number of gluten-free food companies provide easy mixes that do not require a bread machine; i.e., Gluten-Free Pantry and The Really Great Food Co. make bread, cake and muffin mixes. These companies are online and some of their products can be found at local health food stores.

Something that can't be stressed too strongly is cross contamination. These examples are just a few we have learned that newly diagnosed members thought were acceptable:

You **CANNOT REMOVE:**

1. the hamburger from the bun
2. the croutons from the salad
3. the gravy off the meat
4. the topping off the pizza
5. the filling from the pie crust
6. the frosting off the cake

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Also, whenever you prepare gluten-free food in your own kitchen, be sure to first carefully wipe off the table or counter you are working on. There could be crumbs left over from the sandwich someone made or the toast someone buttered. Stress to your family to please wipe up after preparing their own gluten-filled food. Remember, when your family member or friend tempts you to “take a little taste”....DON’T!! That would be like taking a little arsenic. Even a little gluten is detrimental to our system . . . whether you react to the “little taste” or not. It takes less than 100 mg (1/8 of a teaspoon of flour) to cause intestinal damage. Don’t lick the stamp and/or envelopes. Both may contain gluten. One alternative is to buy self-sticking stamps.

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Celiac Disease

What is celiac disease?

Celiac disease is a disorder that causes problems in your intestines when you eat gluten, which is in wheat, rye, barley and some oats (from contamination). Gluten is like a poison to people with celiac disease, because it damages their intestines.

What does gluten do to people with celiac disease?

Gluten damages the intestines. This damage keeps your body from taking in many of the nutrients in the food you eat. This includes vitamins, calcium, protein, carbohydrates, fats and other important nutrients. Your body can't work well without these nutrients.

How did I get celiac disease?

Celiac disease runs in the family. You inherited the tendency to get this disease from your parents. If one member of your family has celiac disease, about 1 out of 10 other members of your family are likely to have it. You may have this tendency for a while without getting sick. Then something like severe stress, physical injury, infection, childbirth or surgery can "turn on" your celiac disease. In a recent study by Dr. Alessio Fasano, celiac disease affects 1 in about 133 people in the United States. Many (estimates of 97%) are still undiagnosed, but having problems, or misdiagnosed with irritable bowel, colitis, Crohn's etc.

What happens to people with celiac disease?

Celiac disease can cause different problems at different times:

- An infant with celiac disease may have abdominal pain, diarrhea and may fail to grow or gain weight.
- A young child may have abdominal pain with nausea and lack of appetite, anemia (not enough iron in the blood), mouth sores and allergic dermatitis (skin rash).
- A child could be irritable, fretful, emotionally withdrawn or excessively dependent.
- In later stages, a child may become malnourished, with or without vomiting and diarrhea. This would cause the child to have a large tummy, thin thigh muscles and flat buttocks.
- Teenagers may hit puberty late and be short. Celiac disease might cause some hair loss (a condition called alopecia areata)

What happens in adults with celiac disease?

Adults who begin to be ill with celiac disease might have a general feeling of poor health, with fatigue, irritability and depression, even if they have few intestinal problems. One serious illness that often occurs is osteoporosis (loss of calcium from the bones). A symptom of osteoporosis may be night-time bone pain. About 5% of adults with celiac disease have anemia. Lactose intolerance (problem with foods like milk) is common in patients of all ages with celiac disease. It usually disappears when they follow a gluten-free diet.

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Celiac disease sounds really serious! How can I control it?

Celiac disease is serious. Fortunately, you can control celiac disease just by not eating any gluten. By following the right diet, you can reverse the damage caused by celiac disease and you'll feel better. But, if you "cheat" on your diet, the damage will come back, even if you don't feel sick right away. You'll have to explain your problem and the gluten-free diet to your family members and ask for their support and help. It will take time for you and your family to learn how to avoid gluten in your diet. You can contact one of the celiac support groups listed at the end of this handout. These groups are excellent sources of information and advice. They'll help you find gluten-free foods and good recipes, and give you tips for successfully living with celiac disease.

How can I be sure I have celiac disease?

New blood tests can help your doctor diagnose this disease. It's necessary to have these blood tests before you start a gluten free-diet. The diagnosis can be confirmed with a biopsy (taking a piece of tissue using a thin tube that is put into your intestines). The best confirmation, though, is if your symptoms go away when you follow a strict gluten-free diet. If you have Dermatitis Herpetiformis (an itchy, blistering skin problem), you have celiac disease.

Symptoms of celiac disease may include one, or more, of the following:

- recurring abdominal bloating and pain
- chronic diarrhea
- constipation
- weight loss
- pale, foul-smelling stool
- unexplained anemia (low count of red blood cells)
- gas
- bone pain
- behavior changes
- depression
- muscle cramps
- fatigue
- pain in the joints
- failure to thrive in infants
- seizures
- tingling numbness in the legs (from nerve damage)
- pale sores inside the mouth, called aphthous ulcers
- painful skin rash, called Dermatitis Herpetiformis
- tooth discoloration or loss of enamel
- missed menstrual periods (often because of excessive weight loss)
- delayed growth

Anemia, delayed growth and weight loss are signs of malnutrition--not getting enough nutrients. Malnutrition is a serious problem for anyone, but particularly for children because they need adequate nutrition to develop properly.

Some people with celiac disease may not have symptoms. The undamaged part of their small intestine is able to absorb enough nutrients to prevent symptoms. However, people without symptoms are still at risk for the complications of celiac.

What Is the Treatment?

Celiac Disease as yet has no known cure, but can usually be effectively treated and controlled. The only treatment for celiac disease is to follow a gluten-free diet FOR LIFE! --that is, to avoid all foods that

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contain gluten. Celiacs must be alert to hidden sources of gluten such as HVP/HPP (hydrolyzed vegetable/plant protein); malt; spelt; kamut; and certain drug products. Today's processed and packaged foods have many hidden sources of gluten which can be unintentionally ingested. Particular care should be taken in the selection of soups, luncheon meats and sausages.

The person with Celiac Disease **MUST READ THE LIST OF INGREDIENTS ON ALL LABELS, EVERY TIME**, and even follow up with a telephone call to the company to make sure nothing with gluten is used in the production, such as flour on the conveyor belts, etc. There is a great variation in sensitivity to gluten among those with Celiac Disease, and although one may have no obvious symptoms, damage to the intestinal lining may still occur.

As of January 1, 2006, all food companies are required by law to list the eight most common allergens, one of which is wheat. What this means is that they must state on the label if any ingredient in their product is wheat or is derived from wheat. Unfortunately, this law does not cover barley and rye. If barley is present, it is usually listed as such. Rye is rarely used so is not a problem.

For most people, following this diet will stop symptoms, heal existing intestinal damage, and prevent further damage. Improvements begin within days of starting the diet, and the small intestine is usually completely healed--meaning the villi are intact and working--in 3 to 6 months. (It may take up to 2 years for older adults.)

The gluten-free diet is a lifetime requirement. Eating any gluten, no matter how small an amount, can damage the intestine. This is true for anyone with the disease, including people who do not have noticeable symptoms. Depending on a person's age at diagnosis, some problems, such as delayed growth and tooth discoloration, may not improve.

A **GLUTEN-FREE DIET** means avoiding ALL foods that contain wheat (including spelt, triticale, and kamut), rye, barley, and oats -- in other words, most grain, pasta, cereal, and many processed foods. Despite these restrictions, people with celiac disease can eat a well-balanced diet with a variety of foods, including bread and pasta. For example, instead of wheat flour, people can use potato, rice, corn, soy, or bean flour. Or, they can buy gluten-free bread, pasta, and other products from special food companies. Plain meat, fish, rice, fruits, and vegetables do not contain gluten, so people with celiac disease can eat as much of these foods as they like.

The gluten-free diet is complicated. It requires a completely new approach to eating that affects a person's entire life (sometimes, an entire family). People with celiac disease have to be extremely careful about what they buy for lunch at school or work, eat at cocktail parties or grab from the refrigerator for a midnight snack. **EATING OUT CAN BE A CHALLENGE** as the person with celiac disease learns to scrutinize the menu for foods with gluten and question the waiter or chef about possible hidden sources of gluten. Hidden sources of gluten include additives, preservatives, and stabilizers found in processed food, medicines, and mouthwash. If ingredients are not itemized, you may want to check with the manufacturer of the product. With practice, screening for gluten becomes second nature.

A health care professional who specializes in food and nutrition, can help people learn about their new diet. Also, support groups are particularly helpful for newly diagnosed people and their families as they learn to adjust to a new way of life.

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What Are the Complications of Celiac Disease?

Damage to the small intestine and the resulting problems with nutrient absorption puts a person with celiac disease at risk for several diseases and health problems.

- **Lymphoma and adenocarcinoma** are types of cancer that can develop in the intestine.
- **Osteoporosis** is a condition in which the bones become weak, brittle and prone to breaking. Poor calcium absorption is a contributing factor to osteoporosis.
- **Miscarriage and congenital malformation** of the baby, such as neural tube defects, are risks for untreated pregnant women with celiac disease because of malabsorption of nutrients.
- **Short stature** results when childhood celiac disease prevents nutrient absorption during the years when nutrition is critical to a child's normal growth and development. Children who are diagnosed and treated before their growth stops may have a catch-up period.
- **Seizures, or convulsions**, result from inadequate absorption of folic acid. Lack of folic acid causes calcium deposits, called calcifications, to form in the brain, which in turn cause seizures.

How Common Is Celiac Disease?

Celiac disease is the most common genetic disease in Europe. In Italy, it's 1 in 250 people and in Ireland about 1 in 100 people have celiac disease. It is rarely diagnosed in African, Chinese or Japanese people. A recent study in which random blood samples were tested for celiac disease suggests that as many as 1 in every 133 Americans may have it. Celiac disease could be under diagnosed in the United States for a number of reasons:

- Celiac symptoms can be attributed to other problems.
- Many doctors are not knowledgeable about the disease.
- Only a handful of U.S. laboratories are experienced and skilled in testing for celiac disease.
- More research is needed to find out the true prevalence of celiac disease among Americans.
- People with celiac disease tend to have other autoimmune diseases as well, including:

Dermatitis Herpetiformis
Thyroid Disease
Systemic Lupus Erythematosus
Rheumatoid arthritis

Type 1 Diabetes
Liver Disease
Collagen Vascular Disease
Sjogren's syndrome

The connection between Celiac and these diseases may be generic.

Dermatitis Herpetiformis

Dermatitis Herpetiformis (DH) is a severe itchy, blistering skin disease caused by gluten intolerance. If you have DH, you have celiac disease since both are autoimmune disorders caused by gluten intolerance. The rash usually occurs on the elbows, knees and buttocks. Although people with DH do not usually have digestive symptoms, they often have the same intestinal damage as people with celiac disease.

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DH is diagnosed by a skin biopsy, which involves removing a tiny piece of skin near the rash and testing it for the IgA antibody. DH is treated with a medication to control the rash, such as Dapsone or Sulfapyridine. Drug treatment may last several years.

QUICK START DIET GUIDE FOR CELIAC DISEASE

This is a simple resource to the Gluten-Free (GF) diet. Not all aspects of the diet are as clear-cut as portrayed by this Guide. This is intended to be used as a safe and temporary survival tool until the newly diagnosed celiac can gather additional information. This Guide was developed by nutrition experts and published by the Celiac Disease Foundation and the Gluten Intolerance Group.

Celiac Disease is a chronic digestive disorder found in individuals who are genetically susceptible. Damage to the small intestine is caused by an immunological toxic reaction to the ingestion of gluten. This does not allow food to be properly absorbed. Even small amounts of gluten in foods may affect those with Celiac Disease and result in health problems. Damage can occur to the small bowel even in the absence of symptoms.

Gluten is the generic name for certain types of proteins contained in the common cereal grains of wheat, barley, rye and possibly oats and derivatives from these.

GRAINS ALLOWED

Rice, Corn, Soy, Potato, Tapioca, Beans, Sorghum, Quinoa, Millet, Buckwheat, Arrowroot, Amaranth, Tef, Flaxseed and Nut flours.

FOODS THAT OFTEN CONTAIN GLUTEN

Breading	Broth	Coating Mixes
Communion Wafers	Croutons	Imitation Bacon
Lipsticks	Licorice	Imitation Seafood
Malt	Marinades	Pastas
Processed Meats	Roux	Sauces
Self-basting Poultry	Soup & Soup bases	Stuffing
Thickeners	Batter for frying	Soy Sauce

ALWAYS READ THE LABEL

The key to understanding the GF diet is to become a good ingredient label reader. Foods with labels that list the following ingredients are questionable and should not be consumed unless you can verify they do not contain or are derived from prohibited grains:

- Brown Rice Syrup (frequently made from barley)
- Dextrin (usually corn but may be derived from wheat)
- Flour or cereal products
- Hydrolyzed vegetable protein (HVP), vegetable protein, hydrolyzed plant protein (HPP) or textured vegetable protein (TVP)
- Malt or malt flavoring (usually made from barley); **MALT** vinegar
- Modified food starch or modified starch from unspecified or forbidden source

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- Flavorings in meat products
- Soy Sauce or soy sauce solids (many soy sauces contain wheat)
- Vegetable gum
- Sushi rice, saki all ingredients need to be known

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GRAINS NOT ALLOWED IN ANY FORM

Wheat (Durum, Semolina, Kamut, Spelt), Rye, Barley, Triticale and Oats¹.

BE A FOOD DETECTIVE

Call First - Verify ingredients by calling the manufacturer and specifying the ingredients and the lot number of the food in question. State your needs clearly; be patient, persistent and polite.

If In Doubt, Go Without

If unable to verify ingredients or the ingredient list is unavailable –**DO NOT EAT IT!**

Add One New Food At A Time

When adding a new food item to your diet, particularly one that has questionable ingredients, introduce only one new food at a time. Listen to your body for adverse reactions before starting a second food item.

Wheat Free Is Not Gluten Free

Wheat-free products may still contain rye, oats, barley or ingredients that are not GF.

KEEP IN MIND

The GF diet is a lifelong commitment and should not be started before being properly diagnosed with Celiac Disease. Starting the diet without complete testing is not recommended and makes diagnosis difficult.

BAKING HINTS:

Store GF flours in separate airtight containers. Flours to store in a cupboard include white rice flour, potato starch, cornstarch, sweet rice flour (for gravies and thickening), and Bette Hagman's gourmet mix. Brown rice flour, rice polish, soy flour and rice bran should always be stored in the refrigerator or freezer. Store containers with rice pasta in the cupboard. Some people store ALL their flours in the freezer, particularly if they don't use them frequently.

If there is more than one baker in your kitchen, maintain a separate flour sifter for GF flours.

GF baked products tend to dry out quickly. Store them tightly wrapped in the refrigerator - or preferably - in the freezer.

Use xanthan gum to improve GF baked goods. Baked products that include xanthan gum hold together better. There are not as crumbly - and do not have the grainy texture usually associated with GF baked goods.

Follow these rules when using xanthan gum:

Mix it in well with the flours being used in the recipes...preferably sifted with the flour.

¹ Oats are still somewhat controversial. The latest research shows that gluten free oats can be tolerated by most who suffer from celiac. However, until you have been on a gluten free diet for some time and blood test reports show you to be negative for gluten, oats would be best to omit.

Beat it in with all ingredients very thoroughly... 2 to 3 minutes with an electric mixer on high.

Xanthan gum and/or clear gel are available by mail order from gluten-free companies or from most health food stores.

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RESTAURANT DINING:

Ordering food in a restaurant is much easier if you call during a time when they are not busy serving customers. Talk to the chef or kitchen manager. If you go in person, take along your restaurant card (see Appendix). Restaurant cards are also available in a number of languages from Triumph Dining (www.triumphdining.com). Ask questions about how food is packaged when they receive it, etc. Most are very helpful. Remember that they may change procedures and ingredients periodically. If you find a restaurant that is not willing to answer questions, take your business to a restaurant that is more customer-oriented.

If you cannot call first, remember that the waitress may not be able to answer all questions. If it is too busy, be safe; order a green salad with NO croutons, dressing, meat, cheese, bacon bits, etc. Use lemon wedges or take your own dressing.

Don't be afraid to eat out....just remember your restaurant card. There have been positive responses from both the eating establishment and those using the card. And, remember, a little humor goes a long way. You are learning to take good care of yourself on this new path to dining "in and out".

If you are uncertain about anything, please don't hesitate to ask. We have all been there and all of us are here to help each other. Eat judiciously and you will be healthy.

Local Long Island Restaurants with a Gluten-Free Menu:

Outback Chain	Pizza Bistro, Massapequa
PF Changs, Westbury	Café Formaggio, Westbury
Mama's Restaurant (Oakdale only)	Charlie Brown's (several locations)
Buona Sera, Smithtown	Carraba's Italian Food
Hunan Cottage, Plainview	

COOKBOOKS:

The following are publications that are available for your interest and gluten-free cooking.

Donna Washburn & Heather Butt	The Best Gluten-Free Family Cookbook
Fenster, Carol (Ph.D.)	"Wheat Free Recipes and Menus"
	"Special Diet Solutions: Healthy Cooking Without Wheat, Gluten, Dairy, Eggs, Yeast or Refined Sugar"
	"Special Diet Celebrations - No Wheat, Gluten, Dairy or Eggs"
Hagman, Bette	1990 - "The Gluten-Free Gourmet"
	1993 - "More From the Gluten-Free Gourmet"
	1996 - "The Gluten-Free Gourmet Cooks Fast & Healthy"
Ryberg, Roben	"The Gluten-Free Kitchen"

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PUBLICATIONS:

Gluten-Free Living

Contains information about celiac disease, research, pharmaceuticals, food companies, etc. A very informative publication.

Send check or money order to Gluten-Free Living, P.O. Box 105, Hastings-on-Hudson, NY 10706

Sully's Living Without

An impressive magazine that contains lots of recipes and helpful hints.

Living Without.... 847-480-8810.... <http://www.LivingWithout.com>

Connie Sarros' Newsletter -<http://gfbooks.homestead.com/>

Connie is the author of many books including WFGF Cookbook for Kids and Busy Adults, WFGF Reduced Carlorie Cookbook, WFGF Recipes for Special Diets, WFGF Dessert Cookbook as well as Newly Diagnosed Survival Kit.

Delight Gluten Free

Another impressive magazine with many recipes and articles related to CD.

<http://delightglutenfree.com/>

Easy Eats – a digital – on-line GF magazine

www.easyeats.com

Founded by Silvana Nardone - Former editor of the Rachel Ray Magazine

CELIAC BOOKS:

Revised and updated “Celiac Disease: The Hidden Epidemic” by Dr. Peter Green and Rory Jones.

“The Gluten-Free Bible: The Thoroughly Indispensable Guide to Negotiating Life Without Wheat”

Jax Peters Lowell

“Gluten-Free Diet” by Shelley Case. This is a comprehensive resource guide listing over 1600 gluten free specialty foods by company and product name. Also a directory of more than 130 American, Canadian and international companies. Contains creative ideas for meals and snacks, along with recipes and baking tips. \$19.95. Case Nutrition Consulting, 1940 Angley Court, Regina, Saskatchewan Canada S4V 2V2.

“Eating Gluten Free with Emily” - a story for children with Celiac Disease, written by Bonnie J. Kruszka and illustrated by Richard S. Cihlar. It recounts the lifestyle changes necessary to manage the disease in terms that young children can understand.

“Let's Eat Out! Your Passport to Living Gluten and Allergy Free” – by Kim Koeller & Robert LaFrance

“The Essential Gluten-Free Restaurant Guide” – Compiled by Triumph Dining

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NATIONAL CELIAC ORGANIZATIONS*

Celiac Sprue Association/USA
P.O. Box 31700
Omaha, NE 68131-0700
Telephone: 402-558-0600
www.csaceliacs.org

Gluten Intolerance Group
15110 10th Ave. SW., Ste. A
Omaha, NE 68131-0700
206-246-6652
www.gluten.net

American Celiac Society-Dietary Support Coalition
58 Musano Court
West Orange, NJ 07052
Telephone: 973-325-8837

Celiac Disease Foundation
13251 Ventura Blvd., Ste. 1
Studio City, CA 91604-1838
818-990-2354
www.celiac.org

Gluten Free Gang
Columbus Children's Hospital
700 Children's Drive
Columbus, Ohio 43205
614-722-3093

*Most of these support groups publish newsletters and have a variety of information available.

Local GF Vendors

Strictly Gluten Free, E. Northport
Ms. Michelle, Bayport
Whole Foods
Trader Joes
Dr. B Well, Plainview
Cornucopia Health Food Store, Sayville

Naturally Free Food, Smithtown
Wild Flours, Huntington
Wild by Nature
Fairway Supermarket, Plainview
Get Healthy America, Plainview
The Diet Shop, Ronkonkoma

Online GF Vendors

www.Everybodyeats-inc.com
www.FoodTek.com
www.TheReallyGreatFoodCo.com
www.Glutensolutions.com
www.PamelasProducts.com
www.Causeyourspecial.com

www.GFGreatBakes.com
www.Glutino.com
www.Kinnikinnick.com
www.GFessentials.com
www.Authenticfoods.com
[www.Namaste Foods](http://www.NamasteFoods.com)

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The Information Highway and Celiacs have come together.

The Information Highway and Celiacs came together in November 1994 with the creation of an Internet e-mail list for worldwide exchange of information. The CELIAC list is an open unmoderated discussion list for those interested in Celiac Disease, dermatitis herpetiformis, gluten intolerance, gluten sensitive enteropathy, wheat allergy, and co-incident intolerances such as casein or lactose intolerance. The discussions include the latest scientific research, information on which foods are gluten free and which are not, tips on how to eat out of the house, how to cope with issues, gluten-free recipes, and where to find gluten-free products.

The CELIAC list functions as a round-the-clock support group meeting. Those with a question are allowed to post it to the list...simply by sending an e-mail. If anyone has the answer or some additional background facts on the topic, they may add their comments via e-mail directly to you. Those replying may be fellow Celiacs, interested family members or medical professionals. With over 3,000 members from over 30 countries, the scope of topics is extremely diverse and enlightening. Each person can contribute any factual information on a subject or just sit back and "listen" to the discussions. The Celiac list is easy to use, fun and provides great information. It is also free to anyone with Internet e-mail capabilities.

Join In!

To join, all you need to do is send an e-mail to:

<http://listserv.icors.org/archives/celiac.html>

In the body of the letter send the following:

SUB CELIAC yourfirstname yourlastname

You will receive a confirmation notice that requires a reply. If a message is not received or problems occur, please resubmit your request for a subscription... Or contact Mike Jones at mjones@digital.net or Jim Lyles at lyles@tir.com with the details of the problem. Questions can also be submitted by mail to Mike Jones, 12733 Newfield Dr., Orlando, FL. 32837.

Another helpful website is Delphiforums.com. After you log onto this site, go to Health & Wellness, click on Celiac Disease On-line Support Group and follow the instructions. This is an ongoing message center with an invaluable list of safe foods, a wealth of information from all over the world on various Celiac related problems and a vast supply of recipes. This is a must for the newly diagnosed Celiac.

The **CELIAC** website is now at: <http://www.enabling.org/ia/celiac/>

Contacting Suffolk County Celiacs

For further information regarding the Suffolk County Celiac group, please contact us at: suffolkcountyceliacs@gmail.com or visit us on the web at: www.suffolkcountyceliacs.org.

APPENDIX

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Dining Card

Gluten-Free Dining Card

I am on a **GLUTEN-FREE DIET**. I will get very ill if I ingest even a small amount of gluten so please read this carefully.

Gluten is a protein found in wheat (durum, semolina, kamut, spelt), rye, barley, oats and triticale.

Foods that may contain gluten:

Breading, imitation bacon, marinades, processed meats, sauces, soup bases, thickeners, broth, croutons, imitation seafood, pastas and stuffing.

Questionable ingredients include:

Caramel coloring, malt, soy sauce, vegetable gum and hydrolyzed vegetable protein (HVP) and modified food starch.

I **CAN** eat rice, corn, soy, potato, tapioca, bean, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff and nut flours.

Thank you for your assistance.

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About Vinegar

The following message was posted on St. John's Listserve regarding vinegar and is important information for all Celiacs:

Sender: Celiac/Coeliac Wheat/Gluten-Free List
<CELIAC@MAELSTROM.STJOHNS.EDU>
Poster: Betsy Bowman <bbowman1@AUSTIN.RR.COM>
Subject: VINEGAR

Listmates:

Vinegar keeps coming up and there have been several posts in the past week. **DISTILLED VINEGAR IS GLUTEN-FREE.** The only vinegar that is a problem is MALT vinegar and possibly some vinegars with ADDED FLAVORINGS.

The link posted on Wed, August 4, 2004 by Stephen Holland is a good source: <http://www.nowheat.com/fooddb/food/vinegar2.htm>. Dr. Holland raised a question about the correctness of the "Chemistry Lesson" posted on Aug 3, 2004. His reference describes how vinegar is made and includes a section on distilled vinegar written by Richard Abrams who is a celiac and a retired biochemistry professor.

I consider Ann Whelan's article to be my primary resource and the end to any question about the safety of vinegar. She is the editor of Gluten-Free Living and the author of "Don't Worry about Vinegar!: Evidence shows vinegar is safe on the GF diet" (Volume 8, #3, pages 15-18). The article is well documented. She points out that the Canadian Celiac Association has never warned celiacs about vinegar. Back issue information for Gluten-Free Living can be found at: <http://www.glutenfreeliving.com/> Click on "Subscribe" and the back issues are shown on the lower section of the page. The issue has a vinegar bottle on the cover--Back Issue #1. Vinegar is included on the list of Important Ingredients on the above website:

"Distilled vinegar is gluten free and has always been gluten free. There is no evidence that suggests vinegar might be dangerous for those who follow the gluten-free diet. The only vinegar to avoid is malt vinegar, which is not distilled."

There should be no controversy over the safety of distilled vinegar for celiacs. If you react to vinegar for some other reason, then you should avoid it. But please don't blame it on the presence of gluten.

Betsy
Austin, Texas

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Label Reading

(from http://www.gfutah.org/label_reading.htm)

- There are several approaches people with celiac disease use to maintain a gluten-free diet, including:
- Select whole unprocessed foods.
- Purchase specialty products produced by gluten-free vendors from the health food store and by mail.
- Use products that have no questionable ingredients on the product label; OR contact manufactures by phone, mail or e-mail to determine if questionable ingredient is gluten-free.
- Use product guides produced by national celiac support groups as an aid in selecting gluten-free products.

Most people use some combination of these approaches. Regardless of the approach used, label reading plays an important role in maintaining a gluten-free diet. The label should be checked each time a food product is purchased. A gluten-free diet guide including a list of allowed, questionable, and not allowed food ingredients is available from the [Gluten Intolerance Group](http://www.gluten.net/diet.asp) website at www.gluten.net/diet.asp.

The newer food product labels that are in use today are largely a result of the Nutrition Labeling and Education Act (NLEA) passed in November 1990. The same labeling laws that apply to grocery food products regulated by the Food and Drug Administration (FDA) also apply to packaged meat products regulated by the United States Department of Agriculture (USDA). However, the rules for labeling drugs and alcoholic beverages are different from the rules for labeling food.

In a very interesting address to a Celiac Disease Conference in Baltimore, Maryland, July 1995, FDA Consumer Safety Officer Felicia Satchell gave her answers to some common questions about the FDA, Food Labels and Celiac Disease. The transcript may be read on-line at www.enabling.org/ia/ceciac/fda-balt.html.

An important FDA Allergy Warning Letter was sent to manufactures June 10, 1996. The letter identifies the top eight food allergens as milk, eggs, fish, crustacea, mollusks, tree nuts, wheat, and legumes (particularly peanuts and soybeans). Read an on-line copy at <http://vm.cfsan.fda.gov/~lrd/allerg7.html>.

The FDA has a compliance policy regarding cross-contamination of food products with allergens such as wheat. This policy states that allergens cannot be considered 'incidental ingredients' exempt from declaration. The full policy can be read on-line at http://www.fda.gov/ora/compliance_ref/cpg/cpgfod/cpg555-250.htm

The FDA labeling regulations are defined in the Code of Federal Regulations (CFR) Title 21. The CFR also contains definitions for the standard ingredients that are found in the statement of ingredients on product labels. The code is lengthy and written in legal jargon. Some of the definitions for standard ingredients are helpful in determining whether or gluten can be found in a specific ingredient. Other definitions do not contain any useful information about the composition of the ingredient. A copy of the

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current CFR may be read and searched on-line at <http://www.access.gpo.gov/cgi-bin/cfrassemble.cgi?title=200121>.

Compliance Policy Guides (CPG) explain the Food and Drug Administration (FDA) policy on regulatory issues related to the FDA laws or regulations. These include Current Good Manufacturing Practice (CGMP) regulations and application commitments. They advise the field inspection and compliance staffs as to the Agency's standards and procedures to be applied when determining industry compliance. Compliance Policy Guides may derive from a request for an advisory opinion, from a petition from outside the Agency, or from a perceived need for a policy clarification by FDA personnel. The Compliance Policy Guides can be read on-line at http://www.fda.gov/ora/compliance_ref/cpg/.

Our most current findings on the GF Label ruling by the FDA is as follows:

The Celiac Sprue Association was pleased to be a part of this collaborative effort to voice the hearts and minds of celiacs in the United States and Canada. We are appreciative of the other organization's time and consideration spent to help make this joint document a reality.

Submission for Docket # FDA-2005-N-0404.

October 2, 2011

As patient non-profit organizations working within the gluten-free community, the Gluten Intolerance Group of North America (GIG), Canadian Celiac Association (CCA), Celiac Sprue Association (CSA), Celiac Disease Foundation (CDF) and National Foundation for Celiac Awareness (NFCA), praise the efforts of the FDA on the regulation for the voluntary use of the term gluten-free on food product labels.

Jointly we submit the following:

- A preference for a single definition of gluten-free. A dual definition of gluten-free and low gluten would be confusing.
- Support for the use of the term "gluten-free" on naturally or inherently gluten-free products, in light of real and potential cross contamination issues. The message is clear for the term "gluten-free", minus any conditional wording. We agree the term "gluten-free" is appropriate for a food product whether it is a single ingredient, such as oats or a processed product with multiple ingredients.
- The consideration of the term "specific" grains rather than "prohibited" grains throughout the regulation.
- As this regulation addresses food safety and not a matter of dietary choice or preference, we expect the provisions of the FDA Food Safety Modernization Act (FSMA) to address emergent safety issues promptly and to be fully applied. At the very least, respecting the current pace of research in celiac disease, other gluten-induced conditions, and food science, we recommend a regulatory review no later than 2017 and on a mandated regular basis thereafter.
- In anticipation for implementation of the final regulation, we are poised for the education role which we will all share as the regulation is implemented. Our patient centered organizations have established voluntary communication venues and tools valuable to the celiac community, world-wide.

Respectfully submitted,

Gluten Intolerance Group of North America, Canadian Celiac Association, Celiac Sprue Association, Celiac Disease Foundation, National Foundation for Celiac Awareness (Joint submission by organizations listed in chronological order) Joint Submission for Docket - Content Section 0 (ID:1536)

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Wheat Starch

Wheat Starch is not gluten-free.

In the United Kingdom, a specially prepared wheat starch is allowed which is not recommended in the United States. The following is an excerpt from the UK Celiac Society website, www.coeliac.co.uk/:

Wheat starch is produced from wheat flour by removing the proteins including gluten. Years ago it was believed that all the protein could be removed. It is now recognized that it is technically impossible to remove all traces and a small amount of protein remains.

There are two types of wheat starch:

1. Commercial wheat starch is not sufficiently pure to be suitable for coeliacs.
2. Specially-manufactured wheat starch which complies with the International Gluten-free Standard (Codex Alimentarius). This allows it to be used in the gluten-free diet. Wheat starch of this purity is expensive and it is most commonly used in products specially-manufactured for coeliacs, to provide palatable and acceptable bread and flour substitutes.

Food Additives

Below are a few food additives that people with celiac disease frequently ask questions about. Definitions from the CFR and CPG are given for each along some additional notes and comments from the editor.

Annatto

CFR Title 21 Sec. 73.30 Annatto extract.

(a) Identity. (1) The color additive annatto extract is an extract prepared from annatto seed, *Bixa orellana* L., using any one or an appropriate combination of the food-grade extractants listed in paragraph (a)(1) (i) and (ii) of this section: (i) Alkaline aqueous solution, alkaline propylene glycol, ethyl alcohol or alkaline solutions thereof, edible vegetable oils or fats, mono- and diglycerides from the glycerolysis of edible vegetable oils or fats. The alkaline alcohol or aqueous extracts may be treated with food-grade acids to precipitate annatto pigments, which are separated from the liquid and dried, with or without intermediate recrystallization, using the solvents listed under paragraph (a)(1)(ii) of this section. Food-grade alkalis or carbonates may be added to adjust alkalinity. (ii) Acetone, ethylene dichloride, hexane, isopropyl alcohol, methyl alcohol, methylene chloride, trichloroethylene.

Annatto as an ingredient on a food label is gluten-free.

A 'Report on Annatto' was posted to the Celiac List by Barbara Mason on May 27, 1997 and can be read at <http://maelstrom.stjohns.edu/CGI/wa.exe?A2=ind9705D&L=celiac&D=0&P=8412&F=P>

Caramel Color

CFR Title 21 Sec. 73.85 Caramel.

(a) Identity. (1) The color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: Dextrose. Invert sugar. Lactose. Malt sirup. Molasses. Starch hydrolysates and fractions thereof. Sucrose.

Caramel Color as an ingredient on a food label is gluten-free when made from sugar, but not when made from malt.

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A posting to the celiac list by Janet Rinehart Nov 18, 1997 states that two large companies (Sethness and DD Williamson) produce all of the caramel color used in the United States. These companies derive their caramel color from corn because it makes a superior product. You can read the post at <http://maelstrom.stjohns.edu/CGI/wa.exe?A2=ind9711C&L=celiac&D=0&P=5050&F=P>

Canola Oil (Rapeseed Oil)

CFR Title 21 Sec. 184.1555 Rapeseed oil.

(c) Low erucic acid rapeseed oil. (1) Low erucic acid rapeseed oil, also known as canola oil, is the fully refined, bleached, and deodorized edible oil obtained from certain varieties of Brassica Napus or B. Campestris of the family Cruciferae. The plant varieties are those producing oil-bearing seeds with a low erucic acid content. Chemically, low erucic acid rapeseed oil is a mixture of triglycerides, composed of both saturated and unsaturated fatty acids, with an erucic acid content of no more than 2 percent of the component fatty acids.

Canola Oil as an ingredient on a food label is gluten-free.

Corn Gluten

CFR Title 21 Sec. 184.1321 Corn gluten.

(a) Corn gluten (CAS Reg. No. 66071-96-3), also known as corn gluten meal, is the principal protein component of corn endosperm. It consists mainly of zein and glutelin. Corn gluten is a byproduct of the wet milling of corn for starch. The gluten fraction is washed to remove residual water soluble proteins. Corn gluten is also produced as a byproduct during the conversion of the starch in whole or various fractions of dry milled corn to corn syrups.

Corn gluten as an ingredient on a food label is gluten-free.

Dextrin

CFR Title 21 Sec. 184.1277 Dextrin.

(a) Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, wheat, rice, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch.

Dextrin as an ingredient on a food label may or may not be gluten-free depending upon how it is prepared.

Ethyl Alcohol

CFR Title 21 Sec. 184.1293 Ethyl alcohol.

(a) Ethyl alcohol (ethanol) is the chemical C₂H₅OH.

CPG Sec. 555.100 Alcohol; Use of Synthetic Alcohol in Foods (CPG 7120.10)

In order to secure more information, we wrote to the Alcohol, Tobacco and Firearms Division, Internal Revenue Service. Their reply included the following paragraphs:

"Presently, we authorize the manufacture of vinegar from ethyl alcohol synthesized from natural gas or petroleum derivatives. It is our opinion that most of the distilled spirits used in the production of vinegar are derived from natural gas and petroleum. When such alcohol is used in the production of vinegar, we would consider any reference to 'grain alcohol' or 'neutral grain spirits' would be misleading for the alcohol and also the name 'grain vinegar' would be misleading, except for connoting strength, e.g., 40-grains."

"When alcohol is used in the production of beverage products, our regulations require that the source of the alcohol be shown on the label except for cordials and liqueurs. Incidentally, I might add that most of the alcohol used in the production of medicinal preparations and flavors is synthetic."

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Practically and scientifically, pure ethyl alcohol synthesized from natural gas or petroleum products does not differ from that obtained by fermentation with subsequent distillation. Furthermore, foods in which one is used cannot be distinguished objectively from those in which the other is used.

Ethyl Alcohol is gluten-free.

Enriched Rice

CFR Title 21 Sec. 137.350 Enriched rice.

(a) The foods for which definitions and standards of identity are prescribed by this section are forms of milled rice (except rice coated with talc and glucose and known as coated rice), to which nutrients have been added so that each pound of the rice contains: (1) Not less than 2.0 milligrams (mg) and not more than 4.0 mg of thiamin, not less than 1.2 mg and not more than 2.4 mg of riboflavin, not less than 16 mg and not more than 32 mg of niacin or niacinamide, not less than 0.7 mg and not more than 1.4 mg of folic acid, and not less than 13 mg and not more than 26 mg of iron (Fe). (2) Each pound may contain not less than 250 U.S.P. units and not more than 1,000 U.S.P. units of vitamin D. (3) Each pound may contain not less than 500 milligrams and not more than 1,000 milligrams of calcium (Ca).

Enriched Rice as an ingredient on a food label is safe for celiacs. Mike Jones posted information about Rice Enrichment to the Celiac List on December 20, 1996 which can be read at

<http://maelstrom.stjohns.edu/CGI/wa.exe?A2=ind9612C&L=celiac&D=0&P=7566>

Flour

CFR Title 21 Sec. 137.105 Flour.

(a) Flour, white flour, wheat flour, plain flour, is the food prepared by grinding and bolting cleaned wheat, other than durum wheat and red durum wheat.

Flour as an ingredient on a food label is not gluten-free.

Hydrolyzed Vegetable Protein

CFR Title 21 Sec. 102.22 Protein hydrolysates.

The common or usual name of a protein hydrolysate shall be specific to the ingredient and shall include the identity of the food source from which the protein was derived.

(a) "Hydrolyzed wheat gluten," "hydrolyzed soy protein," and "autolyzed yeast extract" are examples of acceptable names. "Hydrolyzed casein" is also an example of an acceptable name, whereas "hydrolyzed milk protein" is not an acceptable name for this ingredient because it is not specific to the ingredient (hydrolysates can be prepared from other milk proteins). The names "hydrolyzed vegetable protein" and "hydrolyzed protein" are not acceptable because they do not identify the food source of the protein.

Hydrolyzed wheat protein as an ingredient on a food label is not gluten-free. Hydrolyzed soy protein is gluten-free.

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Lecithin

CFR Title 21 Sec. 184.1400 Lecithin.

(a) Commercial lecithin is a naturally occurring mixture of the phosphatides of choline, ethanolamine, and inositol, with smaller amounts of other lipids. It is isolated as a gum following hydration of solvent-extracted soy, safflower, or corn oils. Lecithin is bleached, if desired, by hydrogen peroxide and benzoyl peroxide and dried by heating.

Lecithin as an ingredient on a food label is gluten-free.

Malt

CFR Title 21 Sec. 184.1443a Malt.

(a) Malt is an enzyme preparation obtained from barley which has been softened by a series of steeping operations and germinated under controlled conditions. It is a brown, sweet, and viscous liquid or a white to tan powder.

Malt as an ingredient on a food label is not gluten-free.

Malt Syrup

CFR Title 21 Sec. 184.1445 Malt syrup (malt extract).

(a) Malt is the product of barley (*Hordeum vulgare* L.) germinated under controlled conditions. Malt syrup and malt extract are interchangeable terms for a viscous concentrate of water extract of germinated barley grain, with or without added safe preservative. Malt syrup is usually a brown, sweet, and viscous liquid containing varying amounts of amylolytic enzymes and plant constituents. Barley is first softened after cleaning by steeping operations and then allowed to germinate under controlled conditions. The germinated grain then undergoes processing, such as drying, grinding, extracting, filtering, and evaporating, to produce malt syrup (malt extract) with 75 to 80 percent solids or dried malt syrup with higher solids content.

Malt Syrup as an ingredient on a food label is not gluten-free.

Maltodextrin

CFR Title 21 Sec. 184.1444 Maltodextrin.

(a) Maltodextrin is a nonsweet nutritive saccharide polymer that consists of D-glucose units linked primarily by alpha-1-4 bonds and that has a dextrose equivalent (D.E.) of less than 20. It is prepared as a white powder or concentrated solution by partial hydrolysis of corn starch, potato starch, or rice starch with safe and suitable acids and enzymes.

Maltodextrin as an ingredient on a food label is gluten-free.

Modified Food Starch

CFR Title 21 Sec. 172.892 Food starch-modified.

Modified Food Starch as an ingredient on a food label is gluten-free when it is made from corn or tapioca, but not when it is made from wheat.

Mono- & Di Glycerides

CFR Title 21 Sec. 184.1505 Mono- and diglycerides.

(a) Mono- and diglycerides consist of a mixture of glyceryl mono- and diesters, and minor amounts of triesters, that are prepared from fats or oils or fat-forming acids that are derived from edible sources. The most prevalent fatty acids include lauric, linoleic, myristic, oleic, palmitic, and stearic. Mono- and diglycerides are manufactured by the reaction of glycerin with fatty acids or the reaction of glycerin with triglycerides in the presence of an alkaline catalyst. The products are further purified

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to obtain a mixture of glycerides, free fatty acids, and free glycerin that contains at least 90 percent-by-weight glycerides.

Mono- & Di Glycerides as an ingredient on a food label are gluten-free. Rebecca Richardson posted information to the Celiac List on Feb 26, 2001 about mono- & diglycerides which can be read at <http://maelstrom.stjohns.edu/CGI/wa.exe?A2=ind0102D&L=celiac&D=0&P=8542&F=P>

Natural and Artificial Flavors

CFR Title 21 Sec. 101.22 Foods; labeling of flavorings.

(a)(1) The term **artificial flavor** or **artificial flavoring** means any substance, the function of which is to impart flavor, which is not derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, fish, poultry, eggs, dairy products, or fermentation products thereof. Artificial flavor includes the substances listed in Secs. 172.515(b) and 182.60 of this chapter except where these are derived from natural sources.

(3) The term **natural flavor** or **natural flavoring** means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional. Natural flavors include the natural essence or extractives obtained from plants listed in Secs. 182.10, 182.20, 182.40, and 182.50 and part 184 of this chapter, and the substances listed in Sec. 172.510 of this chapter.

(7) Because protein hydrolysates function in foods as both flavorings and flavor enhancers, no protein hydrolysate used in food for its effects on flavor may be declared simply as "flavor," "natural flavor," or "flavoring." The ingredient shall be declared by its specific common or usual name as provided in Sec. 102.22 of this chapter.

Natural Flavors as an ingredient on a food label may or may not be gluten-free. If the natural flavor contains malt flavor it is not gluten-free.

Artificial Flavors listed as an ingredient on a food label are gluten-free.

Spices

CFR Title 21 Sec. 101.22 (2) labeling of spices

(2) The term spice means any aromatic vegetable substance in the whole, broken, or ground form, except for those substances which have been traditionally regarded as foods, such as onions, garlic and celery; whose significant function in food is seasoning rather than nutritional; that is true to name; and from which no portion of any volatile oil or other flavoring principle has been removed.

Spices include the spices listed in Sec. 182.10 and part 184 of this chapter, such as the following: Allspice, Anise, Basil, Bay leaves, Caraway seed, Cardamon, Celery seed, Chervil, Cinnamon, Cloves, Coriander, Cumin seed, Dill seed, Fennel seed, Fenugreek, Ginger, Horseradish, Mace, Marjoram, Mustard flour, Nutmeg, Oregano, Paprika, Parsley, Pepper, black; Pepper, white; Pepper, red; Rosemary, Saffron, Sage, Savory, Star aniseed, Tarragon, Thyme, Turmeric.

Paprika, turmeric, and saffron or other spices which are also colors, shall be declared as "spice and coloring" unless declared by their common or usual name.

Spices as an ingredient on a food label are gluten-free.

Vanilla Extract

CFR Title 21 Sec. 169.175 Vanilla extract.

(a) Vanilla extract is the solution in aqueous ethyl alcohol of the sapid and odorous principles extractable from vanilla beans. In vanilla extract the content of ethyl alcohol is not less than 35 percent by volume and the content of vanilla constituent, as defined in Sec. 169.3(c), is not less than one unit per gallon. The vanilla constituent may be extracted directly from vanilla beans or it may be added in the form of concentrated vanilla extract or concentrated vanilla flavoring or vanilla flavoring concentrated to the semisolid form called vanilla oleo-resin. Vanilla extract may contain one or more of the following optional ingredients: (1) Glycerin. (2) Propylene glycol. (3) Sugar (including invert sugar). (4) Dextrose. (5) Corn syrup (including dried corn syrup). (b)(1) The specified name of the food is "Vanilla extract" or "Extract of vanilla".

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Vanilla Extract as an ingredient on a food label is gluten-free.

Vanilla Flavoring

CFR Title 21 Sec. 169.177 Vanilla flavoring.

(a) Vanilla flavoring conforms to the definition and standard of identity and is subject to any requirement for label statement of ingredients prescribed for vanilla extract by Sec. 169.175, except that its content of ethyl alcohol is less than 35 percent by volume. (b) The specified name of the food is "Vanilla flavoring".

Vanilla flavoring as an ingredient on a food label is gluten-free.

Vinegar

CPG Sec. 525.825 Vinegar, Definitions (CPG 7109.22)

1. VINEGAR, CIDER VINEGAR, APPLE VINEGAR. The product made by the alcoholic and subsequent acetous fermentations of the juice of apples.
2. WINE VINEGAR, GRAPE VINEGAR. The product made by the alcoholic and subsequent acetous fermentations of the juice of grapes.
3. MALT VINEGAR. The product made by the alcoholic and subsequent acetous fermentations, without distillation, of an infusion of barley malt or cereals whose starch has been converted by malt.
4. SUGAR VINEGAR. The product made by the alcoholic and subsequent acetous fermentations of sugar sirup, molasses, or refiner's syrup.
5. GLUCOSE VINEGAR. The product made by the alcoholic and subsequent acetous fermentations of a solution of glucose. It is dextrorotatory.
6. SPIRIT VINEGAR, DISTILLED VINEGAR, GRAIN VINEGAR. The product made by the acetous fermentation of dilute distilled alcohol.
7. VINEGAR, MADE FROM A MIXTURE OF SPIRIT VINEGAR AND CIDER VINEGAR. The product should be labeled as a blend of the products with the product names in order of predominance. This labeling is applicable to a similar product made by acetous fermentation of a mixture of alcohol and cider stock.
8. VINEGAR MADE FROM DRIED APPLES, APPLE CORES OR APPLE PEELS. Vinegar made from dried apples, apple cores or apple peels should be labeled as "vinegar made from _____," where the blank is filled in with the name of the apple product(s) used as the source of fermented material.

With the exception of Malt Vinegar, all vinegars listed as ingredients on food product labels are gluten-free.

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