

# Should consumers with celiac disease avoid foods with these statements?

“Made in a facility that also produces wheat”

“Manufactured on equipment that also produces wheat”

“Manufactured on shared equipment, may contain wheat”

“May contain traces of wheat”

In the September 2016 *EJCN* article on allergen advisory statements, authors retrospectively reviewed labeling information of 101 products tested for gluten content through Gluten Free Watchdog, LLC. Products reviewed for this analysis were not labeled gluten-free but appeared to be free of gluten containing ingredients based on a review of the ingredients list (no wheat, barley, rye, malt, brewer’s yeast).

101 products tested	Contained quantifiable gluten
<b>DID NOT</b> include an allergen advisory statement for wheat or gluten on packaging (n = 87)	13
<b>DID</b> include an allergen advisory statement for wheat or gluten on packaging (n = 14)	1

*Allergen Advisory Statements for wheat:  
Not a useful predictor of gluten content in this database review.*

▼ ▼ ▼  
Ideally, allergen advisory statements should be used by manufacturers to help consumers make choices about which foods they can eat given their particular health constraints.

The FDA should strongly consider regulating allergen advisory statements, especially in light of the Food Safety Modernization Act.



## Clearing up any confusion...What’s the difference?!

Food Allergen Labeling and Consumer Protection Act	Allergen Advisory Statements
“Contains”	“May contain”
Top 8 allergens, including wheat, are <i>required</i> to be identified if among ingredients	<i>Voluntarily</i> added to labels
<i>FDA regulated</i>	<i>Not defined by any federal regulation</i>

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