



To bakers pushing your sourdough wheat bread on folks with celiac disease--STOP

Over the years, Gluten Free Watchdog has tested many wheat breads that all have something in common—the bakers selling them believe their products are magical and that many folks with celiac disease can eat them. If you fall into this group, please read the test results below. Your product is no different. **It is not magical.** Folks with celiac disease, another gluten-related disorder, or a wheat allergy cannot eat sourdough wheat bread, sprouted wheat bread, or any other product made with wheat. **STOP** insinuating that they can.

Foods considered safe for folks with celiac disease contain a level of gluten below 20 parts per million. Regular wheat flour contains approximately 100,000 ppm of gluten.

A Sampling of Products Tested by Gluten Free Watchdog

Sourdough Wheat Bread: **104,000 ppm of gluten**

“Eating sourdough can be a safe and healthy way to consume grains for nearly everyone...”
REALLY?!

Sourdough Wheat Bread: **71,672 ppm of gluten**

“... a large percentage of our customers tell us they are gluten sensitive, diabetic, and/or diagnosed celiac and yet enjoy our breads without the digestive issues they have encountered with all other gluten containing/high-glycemic breads.”

YOUR BREAD IS UNIQUE AMONG ALL OTHERS?!

Whole Cell Wheat Bread: **122,385 ppm of gluten**

“... our whole cell wheat doesn't release the proteins that would otherwise become gluten. While not a gluten-free food, this bread does reduce the likelihood of adverse effects related to gluten.”

DID YOU TEST IT FOR GLUTEN?

Sourdough wheat Bread: **142,320 ppm of gluten**

“... the natural starter and the 24-hour fermentation process makes it gluten friendly and that celiac and people with wheat allergies are ok to consume at their own risk.”

EVEN FOLKS WITH WHEAT ALLERGIES???!

Questions? Contact Tricia Thompson, MS, RD, Founder, Gluten Free Watchdog, LLC at info@glutenfreewatchdog.org