Read the whole label.

A checklist for packaged foods covered by US FDA labeling rules. Keep the actual package beside this sheet; a familiar product name is not the ingredient list.

1. **Find the gluten-free claim.**
   On FDA-regulated foods, a gluten-free claim has defined conditions, including less than 20 ppm gluten. The claim is voluntary. [1]

2. **Read the ingredients, not just the front.**
   Check for wheat, barley, rye and ingredients made from them. Look specifically at malt and oats; choose oats labeled gluten-free. [2]

3. **Read the allergen information alongside it.**
   Wheat may be identified in the ingredient list or a Contains statement. No Contains line does not establish that a food is gluten-free. Barley and rye are not major allergens under the US rule. [2, 3]

4. **Pause when the label leaves a question.**
   Check the manufacturer's current product information or contact it about the exact item. An unresolved answer stays unresolved. [4]

Three statements, three meanings

Gluten-free	A defined, voluntary claim for FDA-regulated food. It is not the same thing as a third-party certification. [1]
Wheat-free	Does not tell you whether barley or rye is present. [2]
No wheat in the allergen line	Does not settle the gluten question. Read the full ingredient list and any gluten-free claim together. [2, 3]

> This sheet does not certify a product. Different rules cover USDA-regulated meat/poultry products and most alcoholic drinks. Use the next page to record what still needs an answer. [1]

Ask about this exact pack.

Use these fields when contacting a manufacturer. Save its answer with the product details, rather than treating it as a statement about every item in the brand.

Product, flavor and pack size

UPC / barcode, lot or best-before code, and country of sale

The words on the label that need clarification

A question you can adapt

For the product and code above, do you make a gluten-free claim? Where can I read the current ingredient and allergen information? Please clarify the specific label wording I have recorded.

Manufacturer's answer, link and date received

Sources and limits

Sources checked November 17, 2026. Numbers on the first page refer to these links.

[1] FDA - Gluten-free food labeling: questions and answers
www.fda.gov/food/nutrition-food-labeling-and-critical-foods
questions-and-answers-gluten-free-food-labeling-final-rule

[2] Celiac Disease Foundation - Label Reading & the FDA
celiac.org/gluten-free-living/gluten-free-foods/label-reading-the-fda/

[3] FDA - Food Allergies: What You Need to Know
www.fda.gov/food/buy-store-serve-safe-food/food-allergies-what-you-need-know

[4] NIDDK - Eating, Diet, & Nutrition for Celiac Disease
www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease/eating-diet-nutrition

> A product label or this worksheet cannot measure gluten in food. This is a research aid, not personal medical advice. Keep following the advice of your own clinician.