



Oats can add diversity and offer many nutritional benefits to a gluten-free diet, but The Celiac Disease Foundation **recommend only oats labeled certified gluten-free** as cross-contact may occur when oats are grown side-by-side with wheat, barley or rye



WHAT IS GLUTEN?

Gluten is a general name for the proteins found in wheat, rye, barley and triticale (a cross between wheat and rye). A lot of the time gluten is described as the glue that holds food together by helping to maintain their shape. Gluten is found in many types of foods and even ones that you may not expect it to be.

Wheat is commonly found in:

- breads
- baked goods
- soups
- pasta
- cereals
- sauces
- salad dressings
- roux

Barley is commonly found in:

- malt (malted barley flour, malted milk and milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar)
- food coloring
- soups
- beer
- Brewer's Yeast

Rye is commonly found in:

- rye bread, such as pumpernickel
- rye beer
- cereals

Triticale is a newer grain, specifically grown to have a similar quality as wheat, while being tolerant to a variety of growing conditions like rye. It can potentially be found in:

- breads
- pasta
- cereals