

# GLUTEN AND COMMON ALLERGENS



## GLUTEN

Gluten is found in the following grains:

- Barley (Malt)
- Rye
- Wheat (see forms to the right)

Wheat is considered a common allergen in the U.S., therefore, must be clearly declared on packaged food labels. However, gluten is not considered a common allergen and, therefore, is not required to be declared.

Wheat-free does not necessarily mean that a food is gluten-free. It may contain other sources of gluten such as barley or rye.

Malt flavoring and malt vinegar may be derived from barley and should be avoided on a gluten-free diet. Some cereals use barley malt as a flavoring so be sure to read labels carefully.

Opinions vary about the safety of consuming oats on a gluten-free diet. Several brands of certified gluten-free oats are now commercially available.



## PEANUTS

These terms/ingredients indicate the presence of peanuts:

- Arachide
- Arachis oil
- Beer nuts
- Goober nuts, goober peas
- Ground nuts
- Kernels
- Nut meats
- Peanut butter, flour, oil
- Valencias

Peanuts - along with tree nuts and seafood - are the most common triggers of anaphylaxis, a potentially life-threatening allergic reaction.

Some people with peanut and tree nut allergies are also advised to avoid seeds (i.e. flax, poppy, pumpkin, sesame and sunflower). Consult with your doctor prior to consuming these seeds.

Look for products made in a dedicated nut-free facility. Avoid products whose ingredient statement says, "May contain traces of peanuts," and, "Manufactured in a facility that also processes peanuts," to be safe.



## SOY

These terms/ingredients indicate the presence of soy:

- Edamame isolate
- Hydrolyzed soy protein
- Miso (fermented soy)
- Natto
- Shoyu
- Soy fiber, flour, grits, nuts, powder
- Soy butter, cheese, ice cream, milk, yogurt
- Soy protein
- Soy sauce
- Tamari
- Tempeh
- Textured soy flour (TSF), textured soy protein (TSP), textured vegetable protein (TVP)
- Tofu (silken, firm, dried)

Many popular energy bars and cereals contain soy powder for added protein.

Soy is often found in processed deli meats in the form of hydrolyzed soy protein, a flavor enhancer.

Many meat alternative products are made from soy protein.

Soy lecithin is widely used in foods as an emulsifier, stabilizer, and antioxidant.



## WHEAT

These terms/ingredients indicate the presence of wheat:

- Bread crumbs
- Bulgur
- Cereal extract
- Couscous
- Durum (durum flour, durum wheat)
- Einkorn
- Emmer
- Farina
- Flour (all-purpose, cake, enriched, graham, high protein, high gluten, pastry)
- Kamut
- Semolina
- Spelt
- Sprouted wheat
- Triticale
- Vital wheat gluten
- Wheat (brand, germ, gluten, grass, malt, starch)
- Whole wheat berries

Gluten-free products are, by definition, wheat-free. However, the reverse is not true — wheat-free products may contain barley or rye meaning that they are not gluten-free.

If you have severe wheat allergies, look for products made in a certified gluten-free facility to minimize the risk of cross-contamination from airborne wheat particles.

Common foods such as soy sauce, cold cuts, communion wafers, soups, sauces, gravies, and some skin care products contain wheat.



## TREE NUTS

The term "tree nut" encompasses all of the following commonly known nuts:

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Filberts/hazelnuts
- Macadamia nuts
- Pecans
- Pine nuts, pinoli, pignoli, piñon
- Pistachios
- Walnuts

Pesto sauce typically contains pine nuts and should be avoided by anyone with a tree nut allergy.

Avoid locations or situations where cross-contamination from nuts may occur (i.e. bulk bins in grocery stores, ice cream parlors, salad bars, coffee grinders).

Look for products made in a nut-free facility for the highest assurance of safety.



## FISH

The term "fish" encompasses all "finned" fish including (but not limited to):

- Anchovies
- Bass
- Catfish
- Flounder
- Grouper
- Haddock
- Halibut
- Herring
- Mahi Mahi
- Perch
- Pike
- Pollock
- Salmon
- Scrod
- Sole
- Snapper
- Swordfish
- Tilapia
- Trout
- Tuna

Worcestershire sauce, Caesar salad and Caesar dressing typically include anchovies.

Some Asian cuisines, including Thai, Vietnamese and Filipino, use fish sauce as a flavoring ingredient. People with fish/shellfish allergies should be cautious when eating in Asian restaurants due to risk of cross-contamination.

Imitation crab (surimi) is made from white fish. It may be safe for those with shellfish allergies, but should be avoided by those with fish allergies.



## MILK

These terms/ingredients indicate the presence of milk:

- Milk, milk solids, non-fat milk solids, milk powder
- Yogurt, kefir
- Whey
- Cream, sour cream, whipped cream
- Lactose, lactalbumin, lactoglobulin, hydrolysates
- Cheese, cream cheese, cottage cheese
- Butter, artificial butter flavor, butterfat, ghee
- Buttermilk, buttermilk solids
- Casein, caseinate, sodium caseinate, rennet casein, hydrolyzed casein

There are a lot of great non-dairy milk alternatives including Silk® (soy), Rice Dream® (rice), and Almond Breeze® (almond). Always read labels before consuming.

Casein is the protein found in milk. A gluten-free, casein-free (GF/CF) diet is dairy-free.



## EGGS

These terms/ingredients indicate the presence of eggs:

- Albumin
- Egg (protein, white, dried, powdered, yolk)
- Globulin
- Lecithin
- Livetin, lysozyme
- Mayonnaise
- Meringue
- Ovalbumin
- Ovomucoid
- Ovomucin
- Vitellin, ovovitellin

Many sauces such as hollandaise and béarnaise, and creamy dressings/spreads (Caesar, mayonnaise, tartar) use eggs as a base.

Egg washes are often used on baked goods to make them look shiny.

Some vaccines may be unsafe for people with egg allergies. Talk to your healthcare provider to review any potential risks.

Cooking without eggs can be a challenge. In recipes, try substituting the following for each egg required: whisk together 1 Tbsp flax meal with 3 Tbsp water for 2-3 minutes until frothy; add mixture to recipe per directions.



## SHELLFISH

The term "shellfish" include the following:

- | Crustaceans  | Mollusks          |
|--|-------------------|
| • Crab   | • Abalone         |
| • Crawfish, crayfish, ecrevisse                            | • Clam            |
| • Lobster, langouste, langoustine, scampo, coral, tamalley | • Cockle          |
| • Shrimp, prawns, crevettes                                | • Mussel          |
|  | • Octopus         |
|  | • Oyster          |
|  | • Scallop         |
|  | • Snail, escargot |
|  | • Squid, calamari |

Seafood - along with peanuts and tree nuts - are the most common triggers of anaphylaxis, a potentially life-threatening allergic reaction.

In general, "shellfish" can be used to describe both crustacean shellfish AND molluscan shellfish.

According to U.S. food labeling regulations, crustacean shellfish is a major allergen and, therefore, must be declared on food labels. However, molluscan shellfish is NOT considered a major allergen and is NOT required to be declared on food labels.



### Celiac Disease

- ✓ Celiac disease affects 1 in 133 Americans, or an estimated 3 million people.<sup>1</sup>
- ✓ Because celiac disease is genetic, 5-22% of people with celiac disease have an immediate family member with celiac disease.<sup>1</sup>

### Food Allergies

- ✓ Researchers estimate that up to 15 million Americans have food allergies.<sup>2</sup>
- ✓ In the U.S., 1 in 13 children have food allergies.<sup>2</sup>
- ✓ While it's unclear why, the prevalence of food allergies appears to be rising. From 1997 to 2011, food allergies among children increased 50%.<sup>2</sup>

### Food Intolerances

- ✓ 30 million Americans (10%) are believed to have at least one food intolerance. Lactose intolerance is the most common form.<sup>3</sup>

<sup>1</sup> Beyond Celiac  
<sup>2</sup> Food Allergy Research & Education  
<sup>3</sup> National Institutes of Health, National Institute of Allergy & Infectious Disease

# OUR MISSION

At Enjoy Life Foods, our mission is to create and share great tasting, Free-From food products the world trusts and loves. All Enjoy Life products are certified gluten free and free from 14 common allergens.

OUR PRODUCTS ARE *free from*  
GLUTEN AND...

- 🌾 WHEAT 🥛 DAIRY 🌱 SOY ⚡ SULFITES 🌱 LUPIN 🐟 FISH 🦀 CRUSTACEANS
- 🥜 PEANUTS 🌰 TREE NUTS 🥚 CASEIN 🥚 EGG 🌱 SESAME 🌶️ MUSTARD 🦀 SHELLFISH



enjoylifefoods.com  
#EATFREELY

Many Enjoy Life products are also certified vegan, paleo and FODMAP friendly! Our products are made in a dedicated nut-free & certified gluten-free facility.

## food allergies

A food allergy is a serious medical condition affecting up to 15 million people in the U.S., including 1 in 13 children. A food allergy occurs when the body's immune system produces an antibody (IgE) in response to the protein contained in a specific food. When people with food allergies are exposed to trigger foods, symptoms can range from discomfort (itching, eczema, stomach upset, headache, congestion) to life-threatening (swelling of the mouth, throat or tongue, hives, difficulty breathing). Symptoms may appear immediately or be delayed by minutes or hours.

In the U.S., there are eight allergens that account for 90% of all food allergic reactions — wheat, milk, peanuts, tree nuts, egg, soy, fish and shellfish.

A food allergy is typically diagnosed by allergy specialists using food elimination diets, skin and/or blood tests (RAST) to identify the specific trigger foods that cause a reaction. Many children outgrow their food-related allergies. However, a food allergy can also develop over time, even into adulthood.



## food intolerances

Food intolerances are usually caused by an inability to digest or absorb certain foods. While they may cause a negative physiological response that leads to discomfort (gastrointestinal distress, headaches, fatigue), the immune system isn't involved and they aren't life-threatening.



Food intolerances can be difficult to diagnose, as symptoms are varied and may take up to three days to appear. Elimination diets and specialty tests are the most commonly used methods for diagnosis.

## celiac disease

Celiac disease is an autoimmune condition triggered by the intake of gluten in genetically predisposed individuals. It's estimated to affect 1 in 133 people in the U.S., but the vast majority remain undiagnosed.

Gluten is the protein found in wheat, barley and rye. When someone with celiac disease consumes gluten, the immune system attacks the small intestine, which affects the absorption of nutrients.



There are over 300 symptoms associated with the disease ranging from weight loss and constipation to depression and anemia. Currently, the only known treatment for celiac disease is strict adherence to a gluten-free diet for life. Following a gluten-free diet heals existing intestinal damage, prevents further damage and returns the intestinal barrier (villi) to a healthy state.

Celiac disease is diagnosed by an antibody (blood) test. If the tests are positive and symptoms suggest celiac disease, the physician confirms the diagnosis via an endoscopic biopsy of the small intestine.

## what is gluten?

Gluten is the general name for certain types of proteins found in wheat, barley and rye and their derivatives. Gluten is commonly found in breads, pastas and baked goods, but may also be present in products such as soy sauce, licorice, beer, processed meats, cosmetics and medications.



The following ingredients are not allowed on a gluten-free diet: wheat (durum, farina, graham, kamut, semolina, spelt), rye, barley and triticale (a cross between wheat and rye). Malt flavoring and malt vinegar may be derived from barley and should also be avoided.

Some acceptable gluten-free grains and flours are rice, corn, potato, tapioca, beans, garfava (chickpea and fava bean blend), sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, and teff.

## learn your LABELS

Carefully reading and interpreting food labels is a critical skill that people with special dietary needs must develop to ensure they make safe and healthy food choices. Here's some information to get you started.

### FALCPA

The Food Allergen Labeling and Consumer Protection Act (FALCPA) helps protect Americans with food allergies and special dietary needs. Improved and clearer food labeling enables individuals to easily identify safe foods.

FALCPA requires that manufacturers clearly disclose whether products contain any of the eight major allergens: wheat, milk, peanuts, tree nuts, eggs, soy, fish and shellfish. Ingredient lists must declare the allergen in plain language, and products that contain an ingredient that is or contains protein from a major food allergen must be labeled. Allergenic ingredients must be listed even if they're present in trace amounts and the specific type of tree nut, fish and shellfish must be declared. Learn more at [www.fda.gov](http://www.fda.gov).



### advisory statements

Many food labels include allergen advisory statements such as, "May contain peanuts," or, "Manufactured in a facility that also processes peanuts." These statements aren't required under FALCPA and are voluntarily included by food manufacturers.

These warnings can confuse consumers trying to make safe food choices. If you're unsure whether or not a product could be contaminated, call the manufacturer to ask about their ingredients and manufacturing process.

## dedicated facility

A dedicated facility means that a product is produced in a facility that's free-from a specific allergen (typically tree nuts or peanuts) and/or gluten. Dedicated facilities offer consumers the highest level of assurance that the foods are safe and free-from cross-contamination. If you have questions, contact the manufacturer to determine where and how the product is made.

## wheat-free vs. gluten-free

It's important to remember that wheat-free doesn't necessarily mean that a food is also gluten-free, as it may contain other gluten sources (such as barley or rye). Conversely, if a food is labeled as gluten-free it cannot contain wheat.



## gluten-free food claims

The U.S. Food and Drug Administration (FDA) has established a gluten limit of less than 20 parts per million (ppm) for foods labeled as "gluten-free," "no gluten," "free of gluten" or "without gluten". This is the lowest level that can be reliably detected in foods. Independent organizations, such as the Gluten-Free Certification Organization (GFCO), have developed gluten-free certification programs to help consumers better interpret food labels. Learn more at [www.gfco.org](http://www.gfco.org).

## HELPFUL RESOURCES

At first, it may seem overwhelming to learn how to choose foods and enjoy life while following a special diet or lifestyle change. The good news is that there are many helpful resources about living with special dietary needs.

This list is only a start; there are hundreds of informative websites, blogs, online communities, reference books, cookbooks and support groups to help you and your family stay healthy and happy.

### CELIAC DISEASE

Celiac Disease Foundation (CDF) [www.celiac.org](http://www.celiac.org)

National Celiac Association (NCA) [www.nationalceliac.org](http://www.nationalceliac.org)

Gluten Intolerance Group (GIG) [www.gluten.org](http://www.gluten.org)

Beyond Celiac [www.beyondceliac.org](http://www.beyondceliac.org)

### FOOD ALLERGIES/INTOLERANCES

Food Allergy Research and Education (FARE) [www.foodallergy.org](http://www.foodallergy.org)

Food Allergy and Anaphylaxis Connection Team (FAACT) [www.nationalceliac.org](http://www.nationalceliac.org)

Kids with Food Allergies (KFA) [www.kidswithfoodallergies.org](http://www.kidswithfoodallergies.org)