

NOT ALL CORN AND RICE CEREALS ARE GLUTEN FREE

Many contain an ingredient that contains gluten.

- 1 The first step in determining if a cereal is gluten free is to **look for a “Gluten-Free” label on package**. If this label is present, it means that the manufacturer of that product adheres to FDA guidelines mandating gluten content to test to below 20 ppm (parts per million).
- 2 Educate yourself about **cross-contact and “hidden” sources of gluten**. If not labeled “gluten-free” then look on the package for “may contain” or “made on shared equipment with” wheat/gluten, or for more details on other hidden sources of gluten, open the “learn More” button below.
- 3 Read the ingredient list as **some corn and rice-based cereals may contain an ingredient** that, according to the Celiac Disease Foundation, **is not safe for a gluten-free diet**. The ingredients are malt, malt extract, malt flavor and malt syrup.

Learn more about food labeling and gluten here:

LEARN MORE

These WIC-Eligible Cereals from General Mills all have a “Gluten-Free” label on package:

