



The Celiac Scene™

Guides for the **Gluten Free**

Pointers on Parts per Million

Tests for Measuring Gluten

- *The most sensitive test available at the moment is the R5-7001 Ridascreen ELISA, which has a lower limit of detection at 3 ppm (parts per million) and a lower limit of quantitation at 5 ppm.*
- *Often the limit of quantitation is used to report results to accommodate the discrepancy between the 3 ppm and 5 ppm in some products.*
- *Many manufacturers do in-house testing and use a quick test which has a lower limit of detection of 10 ppm and has not been validated with many products.*
- *Third party testing by reputable, independent laboratories, such as Food Allergy Research and Resource Program (FARRP) in Nebraska (www.farrp.org) and BiaDiagnostics in Vermont (www.biadiagnostics.com), is the gold standard.*

Codex Alimentarius / European Standard

- *Standard set at 200 ppm for gluten-free labelling but as of 2008, gluten-free is now defined at less than 20 ppm.*
- *Food containing oats as an ingredient may not be labelled gluten-free, but there is a footnote saying this is to be determined at the national level of each country.*
- *Allow ingredients that have been specially processed to remove the gluten (e.g. wheat starch) as long as the product it is used in tests at less than 20 ppm.*
- *Expect changes in GF products in the European market because of the new less than 20 ppm regulation. Many companies have to reformulate their products to reach a lower standard.*

UK / Britain

- *Has always used the Codex Alimentarius so they are now having to reformulate products to meet the less than 20 ppm standard.*
- *Oats may be called gluten free because of the previous 200 ppm standard but manufacturers are having more difficulty getting consistent test results that are less than 20 ppm. Consequently, gluten-free oats have limited availability there.*
- *Allow ingredients that have been specially processed to remove the gluten (e.g. wheat starch) as long as the product it is used in is tests at less than 20 ppm.*

Australia

- *Two levels of gluten-free labelling*
 - *Gluten-free - meaning no detectable level of gluten and no oats or oat products and no cereals containing gluten that have been malted.*
 - *Low gluten - must be less than 20 ppm; it was recommended in 2004 that oats could be called low-gluten if they tested at less than 20 ppm – it is not clear if this has officially been adopted yet.*
- *Products containing oats can be called wheat-free.*
- *Allows ingredients which have been specially processed to remove gluten (e.g. wheat starch) may be called gluten-free as long as the product it is used in is tests at less than 20 ppm.*

United States

- *Until the summer of 2008, the US had no specific guidelines for the definition of gluten-free so manufacturers used the previous Codex alimentarius standard of 200 ppm.*
- *This legislation was to be implemented in August 2008 but is on hold while the government reviews further safety data.*
- *The FDA notified manufacturers of their intent to define gluten free as having less than 20 ppm, thus there was panic by some manufacturers to reformulate recipes and test their products to ensure that what used to be 200 ppm would now be 20 ppm.*
- *Manufacturers continue to remove products from their GF list until they can test at less than 20 ppm.*
- *Oats are part of the proposed regulation to be called gluten-free if products test at less than 20 ppm.*
- *Indications are that the FDA is likely to allow ingredients that have been specially processed to remove the gluten (e.g. wheat starch) to be labelled as gluten free as long as the product it is used in tests at less than 20 ppm.*

Canada

- *Has long defined gluten free as less than 20 ppm but are also reviewing all allergen labeling including gluten-free. Implementation date is to be August 2009 but it will be likely delayed.*
- *Although the Canadian Food Inspection Agency (CFIA) feels that, by definition, gluten-free should mean 0.*
- *Since 0 ppm is neither measurable nor detectable, only food items that are naturally gluten free with no possibility of cross-contamination (e.g. fruits or vegetables) would qualify.*
- *CFIA acknowledges that this expectation is not achievable so have agreed to a gluten threshold being less than 20 ppm .*
- *Canada does not allow ingredients that have been specially processed to remove the gluten (e.g. wheat starch) to be used in a gluten-free product even if it tests at less than 20 ppm.*
- *Oats will likely remain in the regulations as not being able to be called gluten-free unless there are plans to implement a Pavena trademark. (P for pure and avena for the latin word for oat; this is a term trademarked by the Canadian Celiac Association). Pure oats or a product using pure oats with the Pavena trademark will indicate that a specific process has been followed for producing the oats.*

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Many thanks to

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