

1) What should "gluten-free" mean on a food label?

It would mean that the food I was purchasing would be healthy for my consumption.

Why? I have been medically diagnosed for over 2 years as a Celiac sufferer. My health has so improved

2) How do you identify foods that do not contain gluten?

Most of the time I try to guess as what "natural flavors", "spices", and "food starch" really mean

Time spent identifying foods?

Every time I pick up an item that does not say gluten free I MUST read it. My mother in law has tried

3) What percentage of foods and which types purchased are marked "gluten-free"?

Less than 10%, so I feel that I am always at risk due to the mystery items.

4) Does "gluten-free" printed on a product label influence your decision to purchase products having

Always,

To what extent?

I feel safe eating something that is labeled as such.

Example: Two cans of tomato sauce on the shelf both contain only tomatoes and salt and only one is gluten free because as I stated before and because. Also I was becoming an excellent cook myself (my wife told me so)

5) Would you consider a two or more level definition of gluten-free helpful?

I have heard that some people are very sensitive to MSG. I do not know if I am so more labeling would be helpful