

# ***Gluten-free definition from 2005 CSA Membership Survey***

<b>Number</b>	<b>Question number 13 - Gluten-free definitions from Membership</b>
1	as above
2	PRODUCT DOES NOT CONTAIN ANY WBRO CONTENT ON ANY CROSS CONTAMINATION FROM WBRO PRODUCTS
3	No Wheat rye barley or oats and anything made from them
4	Foods which do not contain wheat, barley, rye, oats or anything partially derived from products made from these grains.
5	Absolutely no gluten in the product.
6	Any product not containing Wheat - Rye - Oats or Barley or any of These grains derivatives in any amount what so ever. (I.e. not even any parts per million)
8	Gluten-free means the spices and other ingredients than grains are also gluten-free. Spices do not have to mention the use of a flour to help distribute.
9	NO Wheat, Barley or Rye I can tolerate Oats - What do you know about Spelt tolerance - I was told some can tolerate it & I seem to be able to - Interested in learning more -
10	Not having Wheat, Barley, Rye or Oats and not coming in contact with those items at any time.
11	Contains no WBRO or any derivatives and no equipment/tools exposed to WBRO in the preparation of this product.
12	Consuming products that do not contain any wheat, barley, rye, or oats or any of their derivatives.
13	If I don't know I don't eat it.
14	Products that are not produced in a gluten environment, so that there could be cross contamination. Or Products that do not contain any wheat, rye, barley or oats.
15	Not even a trace of WBRO and labeled correctly. Note: Grocery store cereals are flavored or contaminated during processing. At least a few should be gluten free.
16	Not containing WBRO products nor being contaminated by the above.
17	Abstain from any foods, medications, lotions - anything that has wheat, barley, oats & rye.
19	it gives me a very secure feeling that I can eat it. This product & not have to worry. I hate these products that are marked Modified food starch & others.
20	Any wheat flour on production lines, same space, any trace of contamination. Oats, rye, barley seldom is the unexpected contamination.
21	When in doubt go without
23	I eat food in its natural state = uncontaminated Eat no "composite" foods
24	Product without ingredients containing gluten and made in a facility that prepares it in a gluten free environment.
25	NOT EATING ANYTHING THAT HAS WHEAT, BARLEY, RYE OR OATS, MODIFIED FOOD STARCH (UNLESS I KNOW WHAT KIND OF STARCH.)
27	NO GLUTEN PERIOD

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 28    Fresh fruits, vevtables, and meats prepared at home without additives or products turchased from mail order or our health food store laflad "gluten free". I also use products identified as gluten free on websites databases or in the CSA Gluten Free Products Listing.
- 29    no wheat, barley, rye or oats, no gluten whatsoever
- 31    absolutely gluten free.
- 32    Food contains no wheat, rye, oat, barley or any derivative of those grains. While oats do not contain gluten they are very likely contaminated with wheat dust as they are most often process in areas where wheat is used. When in doubt as to the source of an ingredient listed it is best to (safer) not consume it.
- 33    does not contain detectable gliadin based on a standardized test
- 35    My diet, as a celiac, must be positively Gluten Free.  
If I suspect gluten I do no eat it.  
I have quit going to pot-lucks because of the risk.
- 36    No W, O, R, or b. Also avoid peanuts, soy, malt. Dr. Pepper seda = OK. No reaction. Home prep'd stew helps clear skin of eruptions. I, 190 lbs., have batches since 9/92.
- 37    not containing or cross contaminated with whear, rye, or barley
- 38    Free of wheat, barley, oats & rye
- 39    non wheat, barley, rye, oats
- 40    (arrow to statement on 12)
- 42    If it tastes good, it has gluten so don't eat it
- 43    100% safe for consumption be celiacs.
- 44    Any product free of wheat, rye, oats, or barley. Or any of their derivatives.
- 45    NO GLIADIN PROTEIN!!
- 46    NO Gluten in it!
- 47    The definition above so that it pertains to Celiac disease.
- 48    Products that do not contain any wheat, barley, rye, oats or any of their derivatives & the facility in which they are handled or manufactured also does not have any possibility of cross contamination.
- 49    stated above
- 50    Completely irritation free. From main ingrediant to additives & preperation of production practices. (dusting)  
(additives etc.)
- 51    ?
- 52    Not eating anything with gluten in them.  
Be faithful in reading labels.

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- 53    Absolutely nothing that contains gluten or is processed with or even near gluten.
- 54    NO WHEAT, BARLEY, RYE, OATS OR ANY OF THEIR DERIVATIVES
- 55    A product having no wheat, rye, oats, barley, malt or their glutes; no food starch modified from these grains, no HVP's and HPP's from them; manufactured in a facility that is dedicated to being gluten free; contains no enriched rice.
- 56    OK to have or use.
- 57    Number 12 - Foods that contain NO wheat, rye, barley or oats or any of their derivatives.
- 58    NO WBRO
- 59    No contamination, No gluten
- 61    Verifiable as containing nothing questionable that could contain gluten
- 63    products and processing method free of gluten. Precise measurements of unavoidable contamination can be determined by CSA, and adjusted as research becomes more & more available.
- 64    NO WHEAT, RYE, BARLEY, OATS AND DERIVATIVES SHOULD BE IN FOOD, MEDS, ETC. TO MAKE IT EASIER FOR US WHO NEED TO BE GLUTEN FREE - IT IS A DISEASE, NOT AN ALLERGIES. DOCTORS SHOULD BE TRAINED TO TEST FOR SPRUE.
- 65    a product safe for celiacs to eat or use, containing virtually no gliadin protein which would be harmful.
- 67    SAME AS NO. 12
- 68    NO WHEAT, RYE, BARLEY, OR OATS, OR DERIVATIVES OF THESE; ONLY WINE APPLE CIDER OR BALSAMIC VINEGAR; NO RED OR BLUSH WINES; NO BEER; NO OTHER LIQUORS EXCEPT WINE BRANDY AND POTATO-ONLY VODKA.
- 70    No gluten in or around the processing of a product.
- 71    As above in question 12 plus definition of "modified food starch" as to what it is derived from
- 72    Naturally healthy diet!
- 73    No.12
- 74    'This product contains no Wheat, Rye, Barley, or Oats. And none of their derivatives.'
- 75    NO WHEAT, BARLEY, RYE. MALT & OATS
- 76    ANY FOOD, FOOD PRODUCT OR PROCESSED PRODUCT INCLUDING MEDICATIONS AND SUPPLEMENTS.
- 77    There is no gliadin present
- 78    No more donuts!
- 79    no wheat, barley, or rye; no modified food starch; no malt flavoring; the fewer ingredients, the better - keep it simple
- 81    Any food that does not contain wheat, barley, rye, oats or any of their derivatives and is also free of any cross contamination. The same statement can be made for medications.

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- 82     That the product is completely free of any gluten and/or derivative thereof.
- 83     Absolute avoidance of products containing wheat, rye, oats and barley. I realize that some other "pure" grains contain minute amounts of gluten. However, I don't worry about that and I'm symptom-free!
- 84     absolutely, no gluten whatsoever - not even traces or possibility of at all possible
- 85     As G-free as humanly possible!
- 86     product is labeled "Gluter Free" -OR- contains no wheat, barley, rye, or oat deriviatives, or ambiguously-named ingredients which may include such derivatives.
- 87     products or food containing absolutely NO Gluten or any form or derivatives of Gluten.
- 89     Does not contain wheat, barley, rye, oats or any of their derivatives.
- 90     NO RYE, BARLEY, WHEAT OR OATS
- 91     Nothing eaten with wheat barley, rye, oars & other flours with gluter in. All labels on foods should state whether there is gluten in it or any of its derivatives.
- 92     Any product containing wheat, rye, oats, or barley
- 93     Products containing no wheat, oates, rye or barley. No cross contamanation.
- 94     No Gluten period.
- 95     Food does not contain WBRO or possibly contaminated with WBRO
- 96     Free of WBRO & any possibility of contamination
- 98     Food that I have either check on with manufacturer or fresh, unprocessed food.
- 99     To read every label and make sure there is no "wheat" in the product.
- 100    No WROB
- 101    No contact whatsoever with the above on belts in processing or notmace in same building where food could receive air born contamination.
- 102    Product contains no wheat, Rye, Barley, or oats and no derivitive byproducts of same.  
(of course Heaven = processed in a dedicated gluten free facility)
- 103    NO WROB. NO CONTAMINATION
- 104    products & food that, as above, does not contain any wheat, barley, rye or oats.
- 106    no wheat, barley, rye, oats
- 107    a diet which contains any or all of the following - wheat, oats, rye, barley - must be avoided at all times.
- 108    Prepared with no "WBRO" in an environment totally clean with no WBRO cross - contamination
- 109    no wheat, rye, barley, oats, malt, MSG, hydrolyzed anything, and artificial flavorings/colors.

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 110 Not one gram of wheat, rye, oats, barley
- 111 No trace or relation tooats wheat rye barley spelt arimith (sp?) buckwheat (eat raw fruit - chees only if in doubt)
- 112 Products that do not contain any wheat, barley, rye, oats or any of their der ivatives and no gluten in processing and packaging.
- 113 Containing NO gluten at all.
- 114 Eating no wheat, oats, barley or rye products.
- 115 not for celiacs [?]sports assimulation causes bowel problems, diareha
- 116 no wheat, rye, barley or oats or derivatives use in product.
- 117 That it contains no wheat, barley, rye Oatmeal or their derivatives.
- 119 free of wheat, rye, oats & barley or any part thereof.
- 120 as above (isn't just a small amt. Of gluten bad for celiacs? I don't take communion or low-gluten communion at church.) I have joined a support group. A friend of mine , also a nurse, has a daughter & grandson with celiac dis. She gave me a membership to CSA & the 9th Product Guide etc. as a present.
- 121 Work with NIH, Dr. Fasano, Dr. Murray to get a workable definition of "gluten free."
- 122 Products that do not have any wheat, barley, rye, oats, or any of the derivatives whatsoever.
- 123 product is free of wheat, barley, rye, oats. NO cross contamination with other products or maufactured on any equipment processing products with wheat, barley, rye, or oats.
- 125 absolutely does not have any form of gluten and has not been cross-contaminated with a product or ingredient that does contain gluten.
- 126 SEE NO. 12 WOULD REPRESENT MY FEELINGS
- 127 does not contain any wheat, barley, rye or oats, and is not contaminated by any of these grains.
- 128 Absolutely NO gluten present in the product. It means life & death to us! I really appreciate the assistance from the foundation & staff when I call with a question. Keep us informed.
- 129 Products manufactured and processed without wheat, rye, oats, and barley and free from contact with other products containing wheat, rye, oats, and barley.
- 130 ZERO GLUTEN ALL OF THE TIME: NO WBRO
- 131 No wheat, rye, barley or oats
- 132 No taste
- 133 Something completely safe for me to eat
- 134 In meat - no hormones or whatever is used to promote growth - In vege's - no chemicals. Keep the diet as clean as possible.
- 135 FOODS THAT CONTAIN TO WHEAT - BARLEY - RYE - OATS OR ANY OF THEIR DERIVATIVES.
- 136 No gluten containing ingrediants, no gluten containing materials used in production, processing, or packaging, reasonable precautions taken against contamination

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- 137    Avoid gluten free product whenever possible
- 138    No grains other than rice and corn
- 139    NO W,R,O,B
- 140    Gluten free - Contains NO GLUTEN.
- 141    Prepared or milled in a dedicated facility. The Columbia/Presbyterian Celiac Center affirms that McCann's is now milling oats in a dedicated facility and supports celiacs (under control and stable) to add them to their diets. Why is CSA always years behind the latest research? Remember all that nonsense about conola oil?
- 142    No wheat, barley, rye, oats or any of their derivatives!
- 144    Nothing W/WBRO
- 146    NO WBRO
- 147    TO EARLY AFTER DIAGNOSIS TO HAVE A CREDIBLE DEFINITION
- 148    INTOLERANT TO GLUTEN PRODUCTS. GLUTEN IS A POISON TO MY SYSTEM.
- 150    Not a trace of any possibility of wheat, rye, oats or barley. Also no trace of any untitled bran or modified food starch.
- 151    NO WBRO at ALL. I am in total adherence to the diet. Celiac almost killed me as I have had T-cell anaplastic non-Hodgkins Lymphoma and mixed cellularity Hodgkins - why would I cheat?? I have figured out some other celiacs as well - one who tested negatively. Some cheat - the lymphoma can't happen to them - huh!!
- 152    AS IN NO. 12
- 153    NO WHEAT, BARLEY, RYE, OATS.
- 154    No WBRO, watch for cross contamination possibilites in production (groceries) or creation (restaurants, homes)
- 155    GLUTEN FREE OR RENDERED GLUTEN FREE IN SUCH CASES.
- 156    NO WHEAT, RYE OR BARLEY ON LABELS
- 157    The item is safe for me to consume.
- 158    NO GLUTE WAS USED TO MAKE THIS PRODUCT.
- 159    1)Less than 20 ppm. 2) "Zero" GF would require clean room technologies from field to store. CSA officials should visit farms to see how rice/corn/buckwheat etc. is harvested and then the processing plants. The ONLY way to be TOTALLY GF is to consume NO grain products at all.
- 161    All items that are gluten-free (food, skin care, medication, makeup & etc.)
- 162    see no. 12
- 163    Not containing any gluten free products on contaminated by gluten free products.
- 165    I musn't eat food with wheat, oats, barley or rye!!
- 167    No wheat, rye, barley , oats or malt & dextrin

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- 168 Products that do not contain wheat, rye, barley or oats.
- 170 NO GLUTEN
- 171 If I don't know, I don't eat.
- 172 Foods that do not include wheat, oat, rye, barley. Food that has not been cooked in oils that other non-gluten free foods have been cooked
- 173 WHEAT FREE PRODUCTS.
- 174 No wheat, oats, rye or barley  
I tried oats 30 years ago @ a severe reaction & can "still remember the pain". The oats controversy has been around for 30 years.
- 175 Does not contain any wheat, barley, rye, or oats.
- 176 Any product taken internally or applied externally to your body should not contain any wheat, barley, rye or oats or any derivatives.
- 177 Gluten free means it does not contain gluten and has not been contaminated by gluten in processing, packaging or preparation.
- 178 To me Gluten-free means absolutely NO Gluten. It is my belief that is very difficult to maintain a GF diet when you must rely on the people who are selling the product are not always honest or really don't understand the importance of GF
- 179 SEE NO. 12
- 181 "BAH HUM BUG"
- 184 products that do not contain or have come in contact with wheat, oat, rye, barley or any derivative of - ex vanilla from a grain
- 186 Again no wheat, barley, rye or oat products
- 187 the above definition
- 188 INGREDIANT INFORMATION ON THE PRODUCT.
- 189 Gluten free means products will contain so little gluten that people with celiac sprue will not be adversely affected by using the product.
- 191 absolutely NO amount of wheat, barley, rye, oats, or any derivatives.
- 193 No wheat, rye, oats or barley. Occasionally, I will have a prepared item with modified food starch.
- 194 Completely free of ingredients that may contain WBRO or any ingredient that is deived from those grains. It can be labeled GF even if there is a chance of cross contamination; however the possiblity of the contamination should be noted.
- 195 ANYTHING THAT DOES NOT CONTAIN ANY WHEAT OATS RYE OR BARLEY OR ANY DERIVITIVE THEROF-
- 196 Free of wheat rye barley & oats
- 197 free of w,b,r,o, any of their derivatives & free of cross contamination
- 198 none whatso ever or the chance of it being contaminated in the factory, from wrappers, or any other way
- 199 ALL THOSE GIVEN IN THE NATIONAL CSA OUTLINE & MALTO DEXTRINES (UNLESS CONTENT STATED) IF ANY DOUBT, DON'T USE IT!

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- 200 NO WHEAT FLOUR, BARLEY, RYE, OR OATS!
- 201 No food containing any wheat, barley, rye, oays or any of their derivatives
- 202 No wheat - gluten - rye - bran & oats - & should be in gluten free-surroundings - and if it isn't- that should be written too! I feel there is still much to know.
- 203 Anything containing wheat, barley, rye, oats or things containing - or breaded or battered with ingredients or by-products & additives of the same - no pastas or rlce mixtures of the same. This is very difficult to find & my digestive systeM will not take very hot - spices - this is SO NOT FUN!
- 204 There is no gluten in the product.
- 205 NO WHEAT, BARLEY, RYE, OATS OR UNKNOWNNS IE "MODIFIED FOOD STARCH"
- 206 Products that do not contain the items listed in no. 12.
- 207 is the above
- 209 not containing any flours or their derivatives - unless from rice, corn or potatoes
- 210 see no. 12
- 211 does not contain WBR (I do eat oats)
- 212 No wheat, barley, oats or rye even in miniscule amounts.
- 213 No WBRO or derivatives. One needs to really be acquainted with the material available & learn what you can and cannot eat. Deligent is a must for a Celiac on everything you consume, medications and cosmetics. You can't be too careful.
- 215 gluten free could include other grains such as corn. Celiac - safe would be better. If GF is to be used then can define GF as no gluten, naturally GF, processed to be gluten-free, low gluten etc. Could further define the nature & amount of gluten.
- 216 I don't think there is an absolute, with the possibility of cross contamination.
- 217 NO wheat, rye, oats, barley or their derivatrives.
- 218 NO GLUTEN INHERENT IN THE FOOD AND NO CONTAMINATION DURING PROCESSING/PACKAGING.
- 219 Any food that does not contain gluteins. I feel that my home is gluten-free even though my husband eats wheat etc. We are very careful of cross-contamination.
- 220 NO. 12 - ALSO - NO CONTAMINATION
- 221 Does not contain wheat, barley, rye, oats or any derivatives
- 222 I have an intolerance to gluten which is found in wheat barley, rye oats
- 223 Zero Gluten - food for me!
- 224 Not consuming any product known to have any wheat, rye, oats, barley ingredients
- 225 no wheat, oats, barley, rye, spelt, beware of natural flavorings, non name brand spices. Check all labels on items before buying, if any suspicion call the 800 no. on most products, cosmetics & vitamins can be bad. To be gluten free, check ALL & be AWARE.

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- 226 Contains no gluten whatsoever
- 227 Foods prepared without WBRO in a WBRO- free facility
- 228 No wheat, oats, rye or barley
- 229 Foods that do not contain, and have not been contaminated with, wheat, barley, rye, oats or any of their derivatives
- 230 NO WBRO OR DERIVATIVES
- 231 containing no (0%) gluten from wheat, rye, barley and oats.
- 232 Does not contain any wheat, barley, rye, oats or any of their derivatives & is made in a Gluten Free facility.
- 233 Obvious - as in no. 12 but with malt added to the exclusions P.S. Having been a member of the Pittsburgh chapter, run by Mary Neville, I have been trained to eat a "gluten-free" diet, not low gluten, not to cheat and am very grateful for the assistance.
- 234 NO GLUTEN - MODIFIED FOOD STARCH - SHOULD SAY WHAT STARCH
- 235 absolutely no gluten - down to the molecular level. I use skin & hair products which contain gluten, but not lipsticks.
- 236 NO gluten of any kind means gluten free.
- 237 MUST SAY GLUTEN FREE OR LIST ALL ITEMS ON PACKAGE
- 238 manufactured in a "gluten-free" facility where there is no risk of contamination
- 239 Items which contain NO gluten at all
- 240 Does not contain the above 4 grains. Not prepared where it could be contaminated - by equipment, air, hands, etc.
- 241 No wheat, barley, rye, oats, or any of their derivatives.
- 243 AS DEFINED IN QUESTION 12
- 244 The absence of any gluten. Producing no symptoms in the most sensitive celiac.
- 245 NO gluten in or by the preparation of product. Thank you.
- 246 no gluten PERIOD
- 247 Avoidance of anything containing gluten - FOREVER
- 248 A product free of wheat, barley, rye and oats and any of their derivatives
- 249 safe to eat for a celiac.
- 250 NO wheat, barley, rye, oats or any of their derivatives. Thanks for seeking to improve understanding and knowledge about CS.
- 251 GLUTEN - FREE
- 252 SEE NO. 12

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- 253 ONLY KNOW, PROVEN INGREDIANTS THAT SURE GF SHOULD BE IN GF LABELED PRODUCTS. THE FOOD INDUSTRY NEEDS TO START LISTING ALL INGREDIANTES AND SOURCES IN ALL FOODS. I'M SURE THERE ARE OTHER GF PRODUCTS THAT WE ARE NOT AWARE OF
- 255 Product contains no wheat, barley, rye or oats nor any derivatives and there is no cross-contamination in the processing -
- 256 anything - dressings, sauces, drinks, candy and edible food that contains ANY ingredient I can have. Make sure there is not only no W,B,R,O but that there is NO malt, seasonings or anything I can't have. I don't want to be reading every ingridient, I want to see a label on the corner telling me yes or NO?
- 257 containg no WBRO flours, no'text, hydrolized protein, no WBRO as additives, coatings, preserving. No 'modified food starch' natural flavors, malt flavoring. Distilled vinegar.
- 258 100% GF
- 259 Gluten-Free means NO amount of gluten is found in the product.
- 260 No wheat, barley, rye or oats
- 263 ANY PRODUCT THAT CONTAINS NO WHEAT, RYE, OATS OR BARLEY
- 268 NO GLUTEN PRODUCTS USED IN PROCESSING FOODS OR PRODUCTS.
- 269 DO NOT EAT W,OB,R,!
- 270 The product contains no gluten from wheat, barley, rye and possibly oats, also has been manufactured in a plant free of gluten.
- 272 No wheat, barley, rye, oats period.
- 273 Contains no wheat, barley, oats or rye, or any derivatives of these ingredients.
- 274 "Food products that contain no form of wheat barley or rye."
- 275 things that contain gluten.
- 276 100 % free of wheat, barley, oats, rye - with no chance of cross-contamination. I never buy products unless they are made in GF facility or on a didicated line.
- 277 poisoning yourself by eating food that you can not tolerate.
- 278 NO WHEAT, BARLEY OR DERIVATIVES NO OATS EXPOSED TO CONTAMINATION (I am uncertain on rye)
- 279 Difficult to avoid cross-contamintaion. Causes anixety attacks. Many affected avoid socializing. Very hard for people to comply with. Relatives do no want to be tested. Husband always eats wheat products. Makes no effort to eat only my way.
- 280 SEE 12 ABOVE
- 282 It should mean zero
- 283 No food additives or preservatives
- 284 CONTAINS NO GLUTEN; NOT DERIVED FROM GLUTEN-CONTAINING FOOD ITEMS.
- 285 products manufactured in G-F environments without any possibility of cross-contamination

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- 286 any product that contains gluten (wheat, rye, barley, oats and their derivatives.
- 287 FOOD OR OTHER PRODUCTS THAT CONTAIN NO "WBRO" OR THEIR DIRIVATIVES AND ARE NOT CROSS CONTAMINATED WHILE BEING PRODUCED
- 289 No wheat, rye or barley.
- 291 Anything containing WBRO, but be very careful of hidden sources & cross contamination
- 294 "0" WHEAT. I CAN TOLERATE FOODS THAT ARE MANUFACTURED ON MACHINES THAT HAVE BEEN USED IN PRODUCTION OF WHEAT PRODUCTS AFTER THEY WERE CLEANED.
- 296 no ingredients contain wheat, oats, barley, or rye, or any rendered/derived WBRO, AND the production line is gluten-free, the products are tested for contamination, and source ingredients are verified gluten-free. Checks & re-checks are vital, too.
- 297 containing no wheat, oats, rye, barley
- 298 Completely free of whear, barley, rye, oars, their derivatives & comes in contact with these types of food.
- 299 above ( no. 12)
- 302 (STUFF THAT WON'T HARM ME.) AFTER NEW DIET I GAINED 40 LBS IN 4 MONTHS, FROM 120 - 160 WHAT A DIFFERENCE IN MY LIFE!
- 304 No gluten protein in food.
- 306 SEE ABOVE
- 309 Not consuming wheat, rye, or oats or barley in any form.
- 310 Neither contains nor has come in contact with wheat, barley, rye or oats
- 313 foods & medicines, etc. that do not contain or are contaminated by wheat, barley, rye, oats or any of their derivatives.
- 314 Products that contain no wheat, oats, barley, and / or rye, any traces of or possibilities of contamination of the above grains.
- 316 Interesting note: my allergy became obvious only after Repair of Hiatal Hernea at which time apparently the gluten became an allergy. Some early symptoms later realized - anemia. I come from a very large family - no other known celiacs.
- 317 A product that contains no trace of gluten and has not come in contact with anything containing gluten. It should represent the highest level of safety, not be used lightly or as a slightly deceptive marketing tool.
- 319 contains NO gluten
- 320 Simply.... I cannot have anything that contains wheat, Oat, Barley or rye.
- 321 Free of wheat, barley, oats & rye.
- 322 Containing no known wheat, barley, rye, oats or indicated on the labelling and/or containing no possibility of gluten in non-labelled additves, and not manufactured where possibly contaminated with gluten materials.
- 323 It is totally safe for Celiacs (without other sensitivities) to eat it. Not processed with or neat WBRO - all ingredients labelled clearly & completely.
- 324 No wheat, no rye, no oats, no barley or any of their derivitaves, eg MFS or HVP.

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- 325 Foods, drinks & medications that do not contain - nor have been contaminated by - wheat, barley, rye, oats or any of their derivatives.
- 326 No foods with wheat, rye, barley, oats or products containing these grains such as vinegar and mustard.
- 327 Free from wheat, barley, rye, oats, derivatives or unknown ingredients.
- 329 PRODUCT DOES NOT CONTAIN WHEAT, BARLEY, RYE, OR OATS
- 330 I don't eat anything that contains wheat, rye, oats barley or malt or any derivatives of these grains.
- 332 as above: very difficult to try to figure out if "maltodextrin" or "modified food starch" are OK.
- 333 The product does not contain any wheat, oats, rye, or barley, and the product does not come contact with any wheat, oats, rye or barley.
- 334 No wheat, barley, oats, rye!
- 337 with no gluten
- 338 NO WHEAT, RYE, OATS, OR BARLEY IN THE MAIN INGREDIENTS OR IN ANY ADDITIVES.
- 339 A gluten free diet involves the complete avoidance of all foods made from or containing wheat, rye, barley and oats.
- 340 GLUTEN-FREE should be just that, you still must read ingredients listed on product as oats may be included as well as other things celiacs cannot ingest.
- 342 just that - gluten-free
- 343 A tested and proven product, free of any substance that will result in the illness of of a person intolerant to gluten.
- 344 an item which does not have wheat, barley, rye, or oat; including any possible cross contamination in factory/bakery.
- 345 ABSOLUTELY no gluten intake in food or medications or the communion Host. I react quickly so I've done more home cooking than anything.
- 346 Does not contain any wheat, rye, oats or barley
- 347 NO gluten in any form - content, contact, cross-contamination - this in products I buy - and in questioning staff when eating out. Otherwise I don't eat!
- 348 contains no wheat, rye, barley or oats and contains no derivatives of them and prepared/pkaged in a kitchen than has no contaminates.
- 349 That's it - GLUTEN - free!
- 352 No wheat, barley, rye, oats etc.
- 355 NO wheat, oats, barley or rye or derivatives in product or cross-contamination
- 356 This product is gluten-free period. I feel free to eat this product.
- 357 no grain (wheat, barley & rye) or potentially contaminated ie oats, air borne flour) product or agents made of grain(WBOR) ie malt flavor, malt vinegar
- 358 No wheat, barley, rye, oats or any derivatives from these grains.
- 359 Foods free of wheat oats rye, barley
- 360 NOTHING ELOQUENT, JUST: "WHOW, IT'S SAFE TO EAT - ONCE!" (NO QUESTION ABOUT IT!)

**Tuesday, June 14, 2005**

**Celiac Sprue Association Membership Survey 2005 from Lifeline, Vol. XXV, No. 1, 2005 - 10,933 copies sent out**

**Page 12 of 41**

**Number                      Question number 13 - Gluten-free definitions from Membership**

- 361 Diet that is essential for one diagnosed with Celiac Disease, Diet of no more gluten containing foods, no wheat, barley, rye, oats or derivatives.
- 362 ALL FRESH FRUIT, VEGETABLES AND MEATS/POULTRY I PREPARE AT HOME USE ONLY PRODUCTS THAT I HAVE VERIFIED WITH MFGS. TO BE SAFE (GF); ALL COMMERCIAL PRODUCTS PACKAGED AS GF WITH NO CROSS CONTAMINATION.
- 363 Products that do not contain wheat, barley, rye, oats (that are contaminated by wheat) or any of their derivatives.
- 364 Any product not containing those peptides that are also documented as causing intestinal damage.
- 365 I have to agree with Dr. Fasano - 100%, absolute GF is not achievable, so let's go with 20 ppm of Gluten in foods as the standard. 20 ppm or less gluten = GLUTEN FREE.
- 367 IF YOU DON'T KNOW STAY AWAY. TOO EASY TO FIND OUT IF SAFE
- 368 THIS PRODUCT DOES NOT CONTAIN ANY WHEAT, BARLEY, RYE OATS OR ANY OF THEIR DERIVATIVES
- 369 a product that contains no wheat, barley, rye, oats or any of their derivatives and also avoids cross-contamination.
- 370 Avoiding wheat, oats, barley, rye and all their derivatives.
- 371 NO WHEAT, RYE, OATS OR BARLEY, - IN ANY FOOD, OR PRODUCT, THAT CONTAINS GLIADIN PROTEIN
- 372 You don't always know what is gluten free in by-products, additives etc.
- 373 0 tolerance
- 375 Does not contain any wheat, rye, barley or oats and has NOT come into any contamination with the same. TOTALLY SAFE!!!!
- 376 I cannot eat anything that has wheat, barley, oats or rye in it. I cannot use anything on my skin that has those grains in it. I cannot inhale any of it either!
- 378 No verifiable wheat, barley, rye, oats in the product. Label should indicate if product comes in contact with any form of gluten.
- 379 no wheat, barley, rye or oats and any derivatives thereof.
- 380 No wheat, barley, rye nor oats.
- 381 BASICALLY SEE NO. 12
- 382 a product that has absolutely no gluten in, with no cross-contamination.
- 383 Contains no wheat, barley, rye or oats or derivatives of these.
- 384 No wheat, barley, rye, oats or any derivatives - any minute particle of these grains in any product cannot be labeled inconsequential. FREE means - not connected. An orange is an orange - gluten - free should be gluten - free!!
- 385 intolerance to gluten (WBRO) products
- 386 Never to eat anything that contains Gluten.
- 387 no gluten at all
- 389 Wheat, barley, rye only

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 390 HAS NO GLIADIN CONTAINED WITHIN OR NO CONTAMINATION WITHOUT.
- 391 This product does not contain Wheat, Rye, Barley & Oats and is not processed on machinery that processes WBRO products.
- 393 no gluten
- 395 free of any grain OR their derivatives.
- 396 No w-, b-, r-, o-, & distilled vinegars
- 397 DOES NOT CONTAIN, COME IN CONTACT WITH, OR CONTAMINATED BY WHEAT, RYE, BARLEY, OR OATS.
- 398 Any product that neither contains, nor has been processed or cross contaminated with any product containing, gluten.
- 399 anything not containing barley, wheat, rye or oats.
- 400 A product which does not contain, not been prepared near / on foods containing wheat, barley, rye or oats of any level.
- 402 When there is no gluten
- 403 no contamination to product of any gluten containing "ANYTHING"
- 404 Completely free of known gluten, cross contamination risk clearly noted on package.
- 405 no wheat, barley, rye, oats or any of their derivatives.
- 406 PRODUCT CONTAINS NO WHEAT, OAT, RYE, BARLEY OR BY PRODUCTS
- 407 consistent with my gluten-free diet.
- 409 No WBRO.
- 410 ANY FOOD PRODUCT THAT STATES THERE IS NO WHEAT, RYE, BARLEY - OATS AND ESPECIALLY ALL THE ADDITIVES AND THE DIFFERENT FOOD STARCHES AND FLAVORINGS THAT ARE NOT STATED. ANY OTHER PRODUCT SHOULD ALSO LIST WBRO INGREDIENTS.
- 411 absolutely GLUTEN FREE
- 412 GLUTEN FREE
- 413 NOT containinf any wheat, rye, oat or barley or by-products.
- 414 no barley, wheat, rye, and "spices"
- 415 TO AVOID EATING OR USING ANY PRODUCTS THAT CONTAIN GLUTEN OR ITS DIREVATIVES; WOULD HELP IF ALL LALBELING STATED IT'S CONTENTS AS "GLUTEN" FREE OR NOT GLUTEN FREE.
- 416 gluten - free means - exactly - that 'no - gluten' involved!! NADA.....
- 417 GLUTEN-FREE
- 420 Anything that does not contain any of the protein gluten and I generally avoid most small grains except rice corn and beans.

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 422    WBRO or any of their derivatives
- 423    NO GLUTEN - PERIOD
- 424    GLUTEN FREE
- 425    safe for celiac sprue comption and use
- 427    products that don't contain any wheat - oats and barley - Products that have anything that says "modified," Avoid!
- 428    I look at "Gluten-free" as what can I eat? So therefore I read all lables even those ID as "Gluten Free". Gluten-free doesn't mean I can eat it.
- 430    Does not contain any whet, barley, rye, oats in ANY form.
- 431    I want to be absolutely sure that is definitely gluten-free because some times the product contains ingredients from a source other than the final producer, such as flavorings , etc.
- 432    SAME AS 12
- 433    watch out for cereals, soups, dressings, etc. How far down on ingredient list is an item mostly safe to use?
- 434    as above    But CSA is getting the reputation of being far more strict in its avoidance pronouncements than it needs to be. Maybe you should balance off the Harvard influence with a little Maryland, Chicago & LA!
- 435    AS PER NO. 12
- 436    absolutely no contamination (GLUTEN-FREE) (or low levels gluten possible acceptable terminology
- 437    products that contain NO wheat, barley, rye, oats, malt & derivatives.
- 438    products with wheat, barley or rye; oats I tolerate
- 440    NO WHEAT, BARLEY, RYE, OATS OR ANY DERITIVES
- 443    No product or derivative containing wheat, barley, oats or rye. (Should be notified of risk of cross contamination)
- 444    NO WHEAT, BARLEY, RYE, OATS OR DERIVATIVE PRODUCTS. FOOD PACKAGED WHERE NO CROSS CONTAMINATION IS ALLOWED. ALL FOOD IS EXTRA CHECKED WITH FOOD SUPPLIERS/ MANUFACTURERS
- 445    Foods which do not contain WBRO or their derivatives. At this point I am personally not too concerned about some contamination, or about non-food products.
- 446    NO WHEAT RYE BARLEY OR OATS
- 447    SEE NO. 12
- 448    no wheat, barley, rye or oats
- 449    is just that - gluten-free
- 450    the food product must be made/prepared on designated machines so that cross contamination does not happen. Most companies have 800 no.'s & cSR to speak to. Thank you!

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 451 any product which is completely free of gluten or gluten cross contamination. 14. For years I have done my best to assist newly diagnosed patients in our town by loaning your newsletters, recipe books - information. At present there are 6 persons I give information to: two of these have Dermatitis H. Town has 24,000 pop. A third person is seeking diagnosis..
- 452 DOES NOT CONTAIN ANY WHEAT, OATS RYE, BARLEY, SPELT
- 453 I notice that some drug companies think that "corn" is included in G.F. for celiac disease. I have crossed swords with some of them over this statement.
- 455 AS ABOVE
- 457 same as no. 12
- 458 Anything that is not processed with other products which contain gluten or contains gluten in the finished product.
- 459 free of wheat, barley, rye, oats
- 460 no wheat, barley, rye, oats - no gluten!
- 461 Intolerance to the gluten in wheat, barley, rye and oats, if any of these are in any form, part of the recipe I can not have/consume it.
- 466 (NO WHEAT, BARLEY, OR RYE OR ANYTHING THAT HAS IT IN IT)
- 469 I use that [arrow to no. 12] definition.
- 470 completely FREE of Gluten, and NO chance of cross contamination
- 471 Gluten-free means there are no derivatives or variations of wheat, rye, barley or oats present in a product.
- 472 free of gluten - No chance of GLUTEN
- 473 No wheat, oats, rye, barley. The labeling is better - generic drugs should list other ingred. Besides the drug.
- 477 No WBRO in food, cooking of food, or processing
- 478 SEE 12
- 480 Gluten-free. The product should be as the term describes, free of all gluten products.
- 481 [arrow to no. 12]
- 482 IT SHOULD NOT BE PACKED OR MANUFACTURED IN AN ENVIRONMENT WHERE WHEAT IS USED OR WITH SAME EQUIPMENT AS FOR WHEAT.
- 485 I have given up!
- 487 Product or food contains no wheat, barley, rye, oats and been processed in a facility free of any offending grains.
- 488 no wheat, rye, oats or barley - and be very wary of gravies & any processed food.
- 489 the product is safe for EVERYONE who requires a gluten-free diet no matter what their level of sensitivity is.
- 490 GLUTEN FREE

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 491 THE ABOVE STATEMENT - NO. 12 ABOVE
- 492 Food/product that doesn't contain wheat, barley, rye, oats and has not been in contact with gluten products or made on a line containing gluten products.
- 493 Absolutely no oats, wheat, barley, rye or any derivatives.
- 494 absolutely NO WBRO or any derivative thereof.
- 495 100% gluten free, 100% of the time
- 496 Must not contain or be contaminated by any wheat, barley, rye, or oats.
- 497 "products that are free of wheat, barley, oats or rye, or any of their derivatives."
- 498 contains no gluten
- 499 same as above & also manufactured in a gluten-free environment
- 500 Any product that is free of ingredients known to contain the gluten protein that causes CD/DH such as that found in wheat, barley, rye, oats and their derivatives, as well as those grains that have not yet been determined as "safe".
- 502 CELIAC DISEASE
- 503 Food that do not contain wheat, oats, barley, rye
- 504 Gluten-free means staying away from wheat, barley, rye, & oats (or and unidentified sources).
- 505 no oats, rye, barley or wheat or any of their derivatives plus no production contamination or food preparation contamination including dishes, pots & pans, toasters, cutting surfaces, grills, production lines in factories & packaging.
- 506 gluten-free products plus other not acceptable products listed in our literature -
- 507 TO ELIMINATE ANY DERIVATIVE OF WBRO.
- 508 NO wheat, barley, rye, oats or any of their derivatives is included in the item, AND NO cross-contamination from WBRO. ZERO, ZIP, ZILCH WBRO.
- 509 My eating foods free of wheat, barley and rye. I can eat oats - which is great!
- 510 NO WBRO  
PS: I have had gluten allergy symptoms my ENTIRE life. Could not keep food down after moving back to USA from China.
- 511 -----> Zero tolerance  
-----> I avoid ALL GRAINS (GRASSES) EXCEPT RICE & CORN  
-----> I USE BROWN RICE, POTATO STARCH, CORNMEAL & MUNGBEAN FLOURS  
-----> I DO NOT PURCHASE COMMERCIALY PRODUCED GLUTEN-FREE FOODSTUFFS MADE FROM OTHER GRAINS AS SUBSTITUTES
- 512 A product labeled "gluten-free" should without a doubt be able to be consumed.
- 513 Gluten-free should mean that the product does not have any gluten from wheat, rye or barley, either in the process, coloring, flavor, enhancement or preservatives.
- 514 product does not contain any wheat, barley or oat! Have listed what is modified food starch - {Beans that have tomato paste listed - what is in the tomato paste?

**Number                      Question number 13 - Gluten-free definitions from Membership**

- 515 I do not knowingly eat anything with gluten. My family and friends are very careful what they serve to me.
- 516 nothing with wheat, oats, rye or barley
- 517 Food not containing wheat, rye, oats, barley.
- 518 No gluten at all.
- 519 Grains, roots, etc. that do not contain gluten.
- 520 food, medications that do not contain gluten and are not cross contaminated
- 521 Does not contain any wheat, barley , rye, or oats or any of their derivatives.
- 523 NO traces of wheat, barley, rye & spelt. Also moving facility within small or non-existant chance of cross contamintaion.
- 525 that there is no product in my purchase tht is made from WBRO or derived from WBRO. Also, the machinery used in making the product is used exclusively for gluten-free products.
- 527 NEVER EAT ANYTHING I NEED TO QUESTION
- 528 no contact with wheats, rye, barley, oats whatsoever, no cross contamination.
- 529 PRODUCTS MUST NOT CONTAIN ANY WHEAT, BARLEY, RYE, OATS OR ANY OF THEIR DERIVATIVES.
- 530 Priducts that contain no gluten as an ingredient, not is gluten used in processing and that companies that produce both gluter free and products containing gluten process them completely separately so that no contamination is allowed.
- 531 Product SHOULD be strictly "gluten-free"!
- 532 that I don't have to worry using that product will do me harm -- if its labeled "gluten-free" I don't have to search the label x
- 534 whole foods cooked without seasoning and not contaminated with gluten products. I have been trusting the gluten free labels on Pamela's cookies. I trust Bob's Red Barn Gluten free products. "NO trace of gluten"
- 535 ABSOLUTELY FAITHFULL TO AVOIDANCE OR W,B,R,O!
- 536 Food that is free of wheat, rye, barley, & oats and of their derivatives.
- 537 Foods that contain no detectable level of gluten from WBRO.
- 538 contains no gluten and has not come in contact w/any food containing gluten (eg. "Gluten free" Chinese food cooked in a restaurant wok may pick up gluten from soy sauce residue in the wok.
- 540 GLUTEN FREE MEANS I CAN EAT IT! (HOPE I'M RIGHT)
- 541 FREE OF ALL wheat, barley, rye, oats or any of their derivatives.
- 543 FOOD ITEMS THAT DO NOT CONTAIN GLUTEN!
- 544 no gluten - what ever -

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 546 0 ppm of gluten
- 548 No wheat, oats, barley, rye or derivatives as modified food starch, I do not try amareth, spelt, etc. (I do not seem to be semditive to red no. 40).
- 550 FOLLOW A DIET FREE OF ANY WHEAT PRODUCT, INCLUDING ANY PRODUCT WITH VINEGAR.
- 551 Gluten free means ther are no wheat, rye, oats or barley in OR on the product.
- 552 ANY PRODUCT THAT DOES NOT CONTAIN ANY WBRO OT ANY OF THEIR DERIVATIVES INCLUDING PRODUCTS THAT HAVE NOT BEEN CONTAMINATED THROUGH PROCESSING
- 553 There is absolutely no gluten in the product and not processed where other grains may contaminate.
- 554 contains no oats, wheat, barley or rye on anything derived from them
- 556 any product that DOES NOT contain wheat, oats, barley or rye!
- 557 Product is made without any WBRO or in contact with WBRO.
- 558 product that contains no wheat, barley, rye, and oats.
- 559 no wheat, rye, barley, or malt
- 560 No wheat, barley, oats rye, or any form or fashion of any. NO GRAIN except rice & corn. No Canola oil.
- 561 NO wheat, rye, barley, oats or any derivatives
- 562 Aproduct should NOT contain gluten from wheat, oats rye and barley
- 563 A product that does not or has not been cross-contaminated by WBRO or any derivative
- 564 No wheat, rye, barley, oats
- 565 Products and foods containing no wheat, barley, rye and oats as well as additives containing these grains. This includes additives such as malt favoring, malt coloring, mokified food starch, MSG and food thickeners.
- 566 NO wheat - oats - barley or rye, or anything that appears to have these in them. Usually eat only "whole" foods that I prepare myself. Don't risk going out to eat very often. (3 - 4 x's per year)
- 567 A food or medication that contains no wheat, barley, rye or oats.
- 568 I think of Gluten as arsenic - try to avoid all contact with wheat, barley rye and oats. Never even taste. Hidden ingredients like caramel color always worry me.
- 570 Wheat free - in any form
- 572 gluten free! That is free of gluten
- 573 no WBRO for me! Forever - The pain I feel/experience after eating even a lirrle bit of gluten is not worth it! So thankful to finally know my problem!
- 574 containing no wheat, barley, rye, oats or any derivatives and processed in facilities where cross contamination cannot occur.
- 575 No wheat, rye, barley or oats, or any speck of them should be in my food!

**Number                      Question number 13 - Gluten-free definitions from Membership**

- 577 A product containing no gluten or the possibility of cross contamination
- 579 THAT THERE IS NO WHEAT, BARLEY, RYE OR OATS IN THE ADVERTIZED PRODUCT THAT SAYS IT IS GLUTEN FREE.
- 581 IT MEANS JUST THAT! NO WHEAT - RYE - BARLEY OR OATS.
- 582 a container with the words gluten-free printed on it.
- 583 No Wheat, Barley, Rye, Oats or any of their derivatives.
- 584 products that do not contain the "four forbiddens". These products should be safe for all celiacs.
- 585 always
- 586 Products w/o WBRO to include ingredients of modified food starch, distilled vinegar, imitation vanilla & vanillin, caramel food coloring, annetto, & carmine.
- 587 No wheat, rye, or barley or constituents  
Limited oats (Irish) of minimal contamination  
Avoid anything not clear.
- 589 The above - they can say wheat free, oat free, etc. separate them out. Maybe someday we can eat oats again but not now.
- 590 Does not contain - wheat, oats, barley or rye or derivatives of.....
- 591 No wheat, rye, oats or barley
- 592 The U.S. CODEX should be enforced and made more strict - not to follow the European model and place CS/DH people at greater risk.
- 593 Gluten-free means the food contains NO wheat, rye, barley or oats or any of its derivatives either in the ingredients, contamination of the ingredients, or contamination in the manufacturing process. Distilled vinegar & alcohol are allowed if produced by a reliable company.
- 594 Dependent on 1. My nursing knowledge; 2. 2 current gluten free newsletters; 3. Quarterly physical exams
- 595 No WBRO in any form.
- 596 same as "12"
- 597 Gluten-free contains NO wheat, oats, barley or rye.
- 599 No wheat, rye, oats or barley or any of their derivatives.
- 601 NO GLUTEN WHICH IS WHEAT, OATS, BARLEY OR RYE.
- 603 does not contain wheat, oats, rye or barley in any form or their derivatives, even in minute amounts.
- 605 Not in foods and when possible - foods should be processed in gluten-free environments.
- 606 Anything that I can feel certain does not contain wheat, barley rye or oat in any form or combination or derivative.
- 608 Gluten-free is GLUTEN-FREE. I am in the winter of my life, I've been GF for 25 years and I'm not about to change now. Thank you for all your help.

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 609 PRODUCTS MADE IN A GLUTEN FREE FACILITY OR KNOWING WHAT EVERY INGREDIENT ON THE LABEL IS. NEW LABELING SUCH AS GLUTEN FREE OR PRODUCTS CAUSING ALLERGIC REACTIONS ARE HELPFUL.
- 610 WHEAT FREE & GLUTEN FREE (NO MODIFIED STARCH)
- 611 NO WHEAT NO RYE NO BARLEY
- 612 Same as no. 12
- 613 I only have trouble eating out I.e. restaurants or @ friends - despite explicit directives.
- 614 An inability to digest gluten which is found in wheat, barley, rye & oats due to an enzyme that I lack in my small intestine.
- 615 No gluten containing ingredieats used. (I will accept something manufactured in a plant where gluten containing products might also be found)
- 616 SAME AS ABOVE.
- 617 No product with wheat, barely rye, oats, or any other derivative and also no corn products.
- 618 Just that - "Gluten-Free"
- 619 Food that contains no wheat, barley or rye.
- 620 Be very careful and never eat anything unless it's been certified Gluten Free
- 621 That a product contains no form of wheat, barley, rye, or oats.
- 622 NO BARLEY, RYE, OATS, OR WHEAT. "NO" MEANING ABSOLUTELY NO GLUTEN
- 624 A state of mind, based on a way of eating. That keeps my gut under control and free of toxins - The gliadin that prevails in many of the foods I used to consume - the binder, the starch disguised in so many ways in an unbelievable amount of food items. My gastroenterologist gave me conflicting info. My dietician gave me DATED material, and not much at all. Your info needs to be available to celiac patients in all gastro offices! It's great!
- 625 NO wheat, oats, rye, malt, barley -
- 627 products that do NOT contain any wheat, barley, rye or oats or any of their derivatives, includiing any used in processing food.
- 628 No wheat, barley, rye or oats in or on product, I have had bad reactions to pills because they probably were produced using wheat flour. And as I have a swallowing problem, I try to find chewalble pills.
- 629 does not contain ANY WBRO
- 630 SEE ABOVE: (concern about cross contamination.) I am afraid of using products that contain white distilled vinegar, even though they say "gluten free" so I don't purchase them. Not sure of the cross contamination business within factories that produce gluten AND non-gluten products, I had purchased some "gluten-free" crackers last summer and ate quite a few packages of them and ended up with severe bloating. Also was given some supplements at same time that said "no wheat & other major allergens" but did NOT say gluten free on the label. So who knows???
- 632 Every thing I eat must be gluten free. That means I must eat nothing with wheat, barley, rye and oats. However if I do eat oats it is only in my home. I would like to eat oats but am still afraid to eat it. I hope one day we will know for certain if it is OK.
- 633 Foods (or any other skin, hair, ect. Product ) that does not contain any TRACE of wheat or "any of it's derivatives"

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 634 The definition of the CSA. "When in doubt, go without"
- 637 Do not eat anything (food or drink) containing wheat, rye, oats or barley. Do not in any circumstance deviate from this diet no matter how tempting the treat. Thanks for all the help & support with my diet!
- 639 Produced in a dedicated gluten-free facility
- 640 I honestly don't have one. Perhaps, as the Supreme Court once said of pornography "I know it when I see it." I know it when I eat it.
- 641 Foods free of WROB - no cross contamination - I study all labels - (ch. Stock - soy sauce - cont. wheat) I only shop for fresh foods where I trust the package and heal. Food store - I realize after 3 yrs. There are so many levels of seneitivity among Celiacs. I feel when in Doubt Don't! (my local MD - has newly diagnosed Celiacs call me - so many are older patients. (60+ yrs old). Feel free to call me for further discussion
- 642 Please see attached definition sheet
- 643 NO GLUTEN!
- 644 No wheat, barley, rye, oats or any product derived from these, including liquids.
- 645 BE FREE OF WHEAT, BARLEY, RYE, OATS, ETC.
- 648 contains no wheat, rye, oats or barley including derivatives of these grains.
- 649 No Grains & No cross contamination
- 650 The product does not contain any wheat, rye, barley, oats or anything made from their origin.
- 651 Totally free of ALL wheat, barley, oats, and rye and their derivitives.
- 652 NEVER, EVER TAKING A CHANCE
- 653 Is gluten free whether it is or not in flour or any other product.
- 654 foods or any personal care products free of wheat, oats, barley or rye.
- 655 Does not contain any wheat, barley or rye or any of their derivatives.
- 656 Unable to tolerate food containing or cross contaminated with gluten.
- 657 No wheat or oats, rye or barley
- 659 No wheat, barley, rye, oats or any of their derivatives
- 660 no wheat, oats, barley & rye - modified food starch
- 662 food that does not contain any wheat, barley, oats, rye or any of their by-products.
- 663 completely free from WBRO or any derivatives from these grains (including freedom from cross-contamination)
- 666 A product containing any gluten from wheat, barley, rye; sometimes oats or corn.
- 667 no wheat, barley, rye, oats or derivatives such as caramel color

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 668 see no. 12 above
- 669 ANY PRODUCT THAT CONTAINS ANY WHEAT, RYE, BARLEY,(OATS), ANY OF THEIR DERIVATIVES, AND IS FREE OF ANY OF THESE EVEN IN THE PROCESS THEREOF.
- 670 I must adhere to Gluten free - Milk free - Soy free - sugar free - to feel healthy & feel comfortable away from home.
- 671 No wheat, barley, rye, oats, artificial color or flavoring, no hydrogenated or modified starches
- 672 Food contains no WBRO or produced where it could be contaminated.
- 673 No WBRO or any of their derivatives.
- 676 ABSOLUTELY NONE I am very careful. 6 yrs after the diagnosis I had an endoscopy which showed complete restoration of the villi so I am not willing to risk it. I was too sick all the time.
- 677 PRODUCT SHOULD NOT CONTAIN ANY WHEAT, BARLEY, RYE OR OATS - SHOULD BE LABELED!
- 678 The food that I eat is "Gluten-Free" & Wheat Free - this means to me that I do not ingest any food that contains wheat (spelt, triticale, durum, ramut, einkorn, semolina and seitan) barley, rye and oats. I eat all natural with ho preservatives! My diet of "GF" food is very Healthy! I ingest rice, corn, soy & other grains that are allowed. Lots of vegetables and fruits - ORGANIC FOODS, FRESH SEAFOOD, MEATS, ETC.
- 679 Gluten-free means avoiding all products containing wheat, rye & barley as well as their derivatives. I do eat oatmael and appear to tolerate oats well.
- 682 Avoid aoo wheat, rye, barley, oats & derivites
- 685 I like to say "When in doubt, leave it out." Also, if you cherish life, you do what you have to do to stay alive. You need to be disciplined and retrain your eating havits and stick to it. Being a Celiac isn't all that bad. The worse part is not having awesome bread. I like my food!!
- 686 above
- 688 Does not contain any wheat, barley, oats rye or any of their derivatives.
- 689 Does NOT contain any wheat, barley, rye, or oats.
- 690 The product contains no wheat, barley, rye, oats or any derivatives of wheat, barley, rye or oats.
- 691 Any product that does not contain gluten, even traces of ot - without wheat, rye, oats + barley
- 692 totally gluten-free - zero tolerance!
- 693 NO WHEAT, RYE, BARLEY OR OATS AND ANY THING THAT IS MADE FROM THESE ITEMS. ALSO, USE DIFFERENT POTS & PANS WHEN COOKING GLUTEN ITEMS.
- 694 AS IN PRECEDING QUESTION " NO WHEAT, BARLEY, RYE, OATS OR THEIR DERIVATIVES.
- 695 No detectable levels of gluten
- 696 Gluten-free means that the product does not contain any wheat, barley, rye, oats or any of their derivatives.
- 697 - no oats, wheat, barley or rye

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 698 does not contain gluten ingredients
- 699 does not contain wheat, barley, rye, oats or any form of them - no major cross contamination such as made in the same machine as a product that contains gluten.
- 700 Add: Foods - products - not containing the grains in no. 12 spelt & quinoa
- 701 Any food or products that has no gluten in them.
- 702 Has no wheat, barley, rye, oats
- 703 NO WRBO OR THEIR DERIVATIVES
- 704 No WBRO or any derivatives. How boring : (
- 705 Processed &/or made in a GF dedicated facility & free of all wheat, rye, barley & oats.
- 706 Any food not containing WBRO.
- 708 No! Wheat, barley, rye & oats! What else in there to say.
- 709 no wheat, oats, rye, barley or any of their derivatives. No cross-contamination during preparation or processing.
- 711 I CAN READ THE INGREDIENTS AND KNOW THE SOURCE OF EACH ONE OF THEM.
- 712 Please work to change name away from CELIAC. Most people think CELIAC is pronounces SILLY ASS. And most consider this to be TRUE. WE ARE NOT SILLY - ASS - CHANGE THE NAME.
- 713 NO WBRO
- 714 ? Seems mostly meaningful if manufacturer is willing to label lproduct "gluten-free. Sometimes - with dairy products, ice creams, deli meats, creamed corn - I will eat it if ingredient list looks gluten-free.
- 715 SAME AS ABOVE. ??
- 716 products containing NO gluten or exposure to gluten as in cross contamination.
- 717 products that do not contain gluten and have not been in contact with any item containing gluten.
- 718 TO CONTAIN ABSOLUTELY 0 GLUTEN IF A PRODUCT DOES NOT SAY GLUTEN-FREE, I DO NOT PURCHASE OR CONSUME.
- 719 Gluten-Free should be all products including any gluten or having been possibly contaminated by gluten sources.
- 720 THOSE FOOD PRODUCTS THAT CONTAIN LESS THAT AMOUNT OF GLUTEN PROVEN TO BE HARMFUL TO INTESTINAL TRACT.
- 721 Gluten free means there is no particle of the protein gliadin found in what is labeled gluten-free.
- 723 NO WHEAT, BARLEY, RYE, OATS OR ANY OF THEIR DERIVATIVES.
- 724 Free of all ingredients, actual or derived from, wheat, rye, barley or oats in any form, and free of contamination from any of any of these items.
- 725 A product that doesn't contain any wheat, rye, barley & oats and hasn't been contaminated by such on conveyor belts or packaging.

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 727 Does not contain wheat, barley, rye, or oats, as an ingredient or by cross-contamination.
- 728 Products which are made in an uncontaminated environment that is free of wheat, barley, rye and oats & SPELT, etc.
- 729 Does not contain or been contaminated with wheat, barley, rye, oats, or any of their derivatives.
- 730 Absolutely gluten free - only - but still it happens & I'm in trouble.
- 731 I stay away from wheat, barley, rye, oats -- Also stuff with "modified food starch", "malt" on label.
- 732 all food items that state gluten-free means they are safe to ingest
- 733 No gluten, no wheat, I would love to add lactose free. Thank God for the Gluten - Free Pantry in Glastonbury, CT.
- 735 A product which does not contain gluten and is not exposed to cross contamination in the processing in factory or home. Have to trust labeling & check questionable elements.
- 736 Without wheat, rye, oats, or barley - in ANY FORM, also gliadin
- 738 NO GLUTEN AT ALL
- 739 These are foods that do not contain any wheat, barley, rye, or oats. I've had to teach (clarify) some health food stores that "GF" is more than just wheat! I'm lucky as all my family & friends are understanding & help me with this diet.
- 740 gluten-free means it is gluten-free.
- 741 I look for the term "gluten free". However, I religiously read labels for ingredients. If it doesn't say, "gluten free", I will eat something that doesn't appear to have a product which has gluten.
- 742 No wheat, oats, barley or rye - I check labels and in restaurants what I order has none of the above ingredients.
- 743 No contamination & no gluten at all
- 744 I read ALL Labels before buying or eating. I AM A true gluten free eater.
- 745 -No gluten - containing products (wheat - oats - barley - rye)  
-Prepared under GF circumstances (no contamination)  
-No "uncertain" additives (products I am unsure of - like "plant protein")
- 746 PRODUCTS THAT DO NOT CONTAIN ANY WHEAT, RYE, BARLEY, OR OATS OR ANY DERIVATIVES, WHETHER IT BE FOOD, BEVERAGES, MEDS OR TOILETRIES.
- 747 Gluten-free - does not contain any wheat, barley, rye, oats or malt or any of their derivatives and is not contaminated by any of these items in the packaging/preparation/cooking process.
- 748 I can't tolerate wheat, barley, rye or oats.
- 749 DOES NOT INCLUDE ANY TRACE OF WHEAT, OATS, BARLEY OR RYE.
- 752 0% gluten
- 753 ESSENTIALLY NO GLIADIN CONTAINING

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 754 GLUTEN FREE MEANS I CAN EAT THIS PRODUCT AND IT IS FREE OF WHEAT BARLEY RYE OATS & DERIVATIVES.
- 755 Products with "gluten 'free" label should contain wheat, barley rye or oats.
- 757 any item made with wheat and grain products.
- 758 100% GF
- 759 WITHOUT GLUTEN
- 760 DO NOT EAT ANYTHING WITH GLUTEN IN IT - DO NOT PUT ANYTHING ON BY BODY WITH GLUTEN IN IT.
- 761 eat "no" gluten products or their derivatives. Read labels and ask questions.
- 762 gluten-free means products that do not contain wheat, barley, rye, or oats.
- 763 Products that do NOT contain any wheat, barley, rye, oats, or any of their derivatives.
- 764 No WBRO or products derived from them. Thanks for CSA - USA.
- 765 NO GLUTEN - AT ALL
- 766 Any product that does not contain any wheat, barley, rye, oats or any of their derivatives.
- 767 AS ABOVE
- 768 Does not contain or come in contact with any wheat, barley, rye, oats or any of their derivatives
- 770 'NO GLUTEN' FROM ANY PRODUCTS INCLUDING MAKEUP, LOTIONS, MEDICATIONS FOODS, LIP GLOSS OR 'LIPSTICK ETC.
- 771 The above description (no. 12) seems to say the right thing. Why would it be necessary to say more?
- 772 as above
- 774 gluten free means all the derivatives from wheat.
- 775 Because I am trying to understand "sensitivity" dgrees, I would like to know just the degree of gluten the product contains.
- 776 No wheat folur or barley, rye, oats in food products. I only eat food made with RICE or CORN.
- 779 Free of wheat, rye, oats & barley and any derivates of these grains.
- 780 any product (food or additive) that contains gluten
- 781 Avoid all dood, cosmetics, drugs,etc., that are known to have gluten in them.  
- The thing that really concerns me is that there are so many people making money from selling gluten free products that no one will really push the development of a drug to combat celiac.
- 782 I do not eat wheat, rye, barley or and derivatives of them. I will eat oatmeal once in awhile.
- 783 same as 12 above

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 784 No wheat, barley, rye or oats. The product has not come in contact with any of the four grains listed above. In addition the product contains no ingredients that are listed generally such as flavoring - coloring.
- 785 Being free of wheat, barley, rye, oats since they are the known causes of symptoms causing diarrhoea, weight loss, loss of nutrition etc. to Celiacs.
- 786 People are also Lactose intolerant & some soymilks have Barley Malt. Soy Sauce is another. All products should include all ingredients!!
- 788 Gluten - free should also mean processed in a facility or area of facility that does not come in contact with any gluten, ie, bread made in a bakery that also makes wheat bread, etc.
- 789 something that does not contain any wheat oats rye or barley & any other derivatives of these items including the processing of.
- 790 "Zero tolerance"
- 791 No form of gluten in any amount should be in "gluten free" foods.
- 792 NO wheat, rye, or barley. Jeff does eat occasional cold cereals with oats as an ingredient.
- 793 No product with wheat, rye, oats or barley or derivative ---
- 794 does not contain wheat, barley, rye or oats.
- 796 SHOULD MEAN APPSOLUTELY GLUTEN FREE
- 797 contains no gluten or wheat, rye, oats, barley
- 799 WBRO free - I carry the cards of different languages and use that. It seems to work well to give them something to read and reference. Can't have mushrooms either. They triggered my Celiac Disease.
- 800 No food w/any wheat, rye, barley or oats.
- 801 No Gluten What So Ever.
- 802 No wheat, barley, rye or oats in the product.
- 804 "0" Gluten period! I was 90 pounds and anemic, anarexic 7 years.
- 805 Absolutely NO GLUTEN - - 0 %. HAVE DISCOVERED OTHERS IN GAMILY HAVE SAME PROBLEM
- 806 NO wheat barley rye oaats or any of their derivatives and NO cross contamination in field or processing or packaging.
- 807 0 gluten!! No PPM  
No cross contamination  
No Dyes, perservatives, chemicals etc.  
Full disclousure by manufacturer; all facts.
- 808 No wheat, barley, rye, oats and any of their derivatives.
- 811 Free from Gluten
- 813 Any food that does not contain amy of the following: wheat, rye, barley, malt, oats and any of their derivatives or components.

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 814 NO WBRO of any sort, including derivatives.
- 815 Does not contain wheat, rye, barley or its derivatives. The scientific literature indicated that uncontaminated oats are safe: I eat them with no problem.
- 816 DON'T KNOW - TESTING FOR LONG TERM CD'S - ISN'T CLEAR TO ME - WITH HAVING A BIOPSY
- 817 No wheat, rye, barley or oats or any of their derivatives.
- 818 Products that do not contain any wheat = oats - barley - rye - malt
- 819 containing no gluten
- 820 no ingredients containing wheat, rye, oats, barley and any derivatives.
- 821 0% GLUTEN
- 823 No wheat, rye, barley, oats
- 824 Since I go beyond gluten free - it is only part of my review of contents. So, just because something says gluten-free, I don't expect it to be safe for me.
- 825 Completely free of WBRO & has NO possibilities of cross-contamination having occurred.
- 829 Products that do not contain wheat, rye, oats barley, malt
- 830 If product says "gluten free" should be sage - for my diet. I'm diabetic too. Still small.
- 832 SAME AS NO. 12 ABOVE.
- 833 Gluten-Free means the item contains no measurable amount of Gluten containing foods (Buckwheat has gluten in spite of what some groups say.
- 834 That it contains absolutely no WBRO & that if it does it will be mentioned in the list of ingredients.
- 835 Any product that does not contain any wheat, barley, rye, oats or any of their derivatives and no cross contamination
- 838 FOOD THAT ABIDES BY CODEX ALIMENTARIUS STANDARD
- 839 no wheat oats barley or rye ingredients. Nothing that has been contaminated with those ingredients
- 840 WHEAT, BARLEY, RYE, OATS
- 841 TO KEEP ME ON MY DIET.
- 842 No wheat, barley, rye or oat or derivatives of these grains is "gluten-Free" for me to consider these food products as part of my diet.
- 843 NO WHEAT OATS RYE - BARLEY - OR DERIVATIVES
- 844 Does not contain any (0 ppm) of any gluten containing grains (wheat, Oat, rye, barley) or any of their derivatives or anything made from the offending grain or derivative such as malt or starch. Any item that has no cross contamination from offending sources.
- 845 No wheat, rye, oats or barley!!
- 846 Stay away from W, B, R, O and their derivatives.

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 847 Can't find wheat, rye, barley (malt) or oats on the label.
- 848 No gluten in ingredients including additives, flavorings, coatings, contact when manufactured, in "modified products"
- 849 NO gluten
- 850 Containing no wheat, barley, oats or rye products or any instances of cross contamination
- 851 No gluten at all.
- 853 SAME AS 12 ABOVE
- 855 Does not contain wheat, barley, rye or oats in any form with no cross-contamination in production or manufacturing or packaging.
- 856 that the product(s) contains no gluten, contains no goods that have been derived from or cross contaminated with gluten. (This is not always true of term "gluten free" on products.
- 857 An intolerance to any products that contain any form of gluten.
- 859 see 12 above.
- 860 NO OATS, NO BARLEY, NO WHEAT, NO RYE - NO WAY
- 861 no wheat, rye, oats or barley
- 862 That the item is safe for me to use or consume.
- 863 Avoid products which contain gluten; always check out medications.
- 864 see no 12
- 865 free of any oats, rye, wheat, barley
- 867 No wheat, oats, barley, malt, rye
- 868 NO WHEAT, RICE, OATS OR BARLEY OR ANYTHING THAT CONTAINS EVEN A SMALL AMOUNT OF THE ABOVE PRODUCTS
- 869 Absolutely gluten-free. I read all labels. I was recently invited to a pork chop dinner - pork chops barbequed. I asked all of the questions. I found that the only thing I could eat was jello! So I declined the invitation.
- 871 No wheat, rye, barley, or oats or even the possibility of having it.
- 872 a protein that is found in wheat, oats, barley & rye
- 873 Gluten-free means not to ingest wheat, barley, rye or oats or by products of such. However, it is very hard because I do not know all the names of derivatives of the
- 874 ANYTHING THAT HAS NO GLUTEN IN IT
- 875 I can eat any plain meats, vegetables, fruits, eggs, or rice, just don't jazz it up with sauces, breading or any thing that comes from grains.
- 876 100 PPM OR LESS

**Number                      Question number 13 - Gluten-free definitions from Membership**

- 877    TOTALLY WOTHOUT GLUTEN
- 878    No wheat, barley, rye, oats or other grains other than corn rice quinoa & possible a few others.
- 879    CSA is not scientifically up to date. You need to coordinate & work with othe organizations.
- 880    No products that contain any form of wheat, barley rye products.
- 881    WBRO & THEIR RECOGNIZABLE DERIVATIVES
- 882    Gluten-free means that no gluten is added or known to contain gluten. With medications, if they purchase ingredients from other sources they statel the main \_\_\_\_\_ to a \_\_\_ degree that is gluten free
- 883    No Gluten in the product.
- 884    no oats, barley, wheat or rye
- 885    foods that contains 0 gluten, free of all the known glutens, wheat, barley, rye, oat, millet and some lesser grains, and all goods made from these grains.
- 886    No wheat, oats, barley or rye
- 887    no wheat, barley, rye, oats or anything made from any of them
- 888    NO wheat, barley, rye & oats in products
- 889    TASTE FLAT - RICE BREAD BAD?  
THANK YOU
- 891    Eat or drink nothing containing wheat, rye, oats, barley.
- 892    A food that will have NO effect on the villi in my intestines.
- 893    Food processed on a dedicated line, no cross contamination
- 894    No wheat, barley, rye or oats or their derivative. Produced in a gacility where care has been taken to avoid cross contamination. Dedicated facilities and dedicated lines are not required.
- 897    Contains NO products derived from wheat, rye, barley, oats and has not been in contact with above items.
- 898    NO WHEAT, RYE, BARLEY, OATS, ARTIFICIAL FLAVORINGS, COLOTINGS, YELLOW 5, RED 40
- 899    Gluten-free means does not contain any wheat, oats, rye or barley or anything derived from these grains or anything that could be contaminated by contact with these grains
- 900    NO WHEAT, NO RYE, NO BARLEY, NO OATS, AND COMPLETELY FREE OF ANYTHING THAT WOULD HURT ME AS A PERSON WITH CELIAC DISEASE.
- 901    No wheat, barley, rye, oats
- 902    an tolerance to gluten (the protein found in wheat, oat, barley, rye) I cannot eat bread, pasta, croutons, soy sauce, bread crumbs, gravy, sauces w/ flour. I will be "sick" for 4 days, if my food touches wheat or flour.
- 903    NO W,R,B,O IN MY FOOD OR BY PRODUCTS OF WRBO

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 905 Any product which has any kind of wheat, barley, rye, oats & any derivatives. Sorry, I'm so late - I'd forgotten!
- 906 NO WHEAT, BARLEY, RYE AND OATS!
- 907 No WBRO!
- 909 contains no gluten - Manufactured in GF environment.
- 910 Refrain from eating any product not clearly marked.
- 913 DOES NOT CONTAIN WHEAT, BARLEY, RYE OR OATS, EITHER DIRECTLY OR INDIRECTLY.
- 914 There is NO wheat, barley, rye or oats in the product.
- 915 Absolutely NO gluten at all
- 916 "without any trace" of gluten
- 918 ABSOLUTELY NO GLUTEN - "WHEAT FREE" DOES NOT MEAN GLUTEN-FREE, WHEN IN DOUBT DO WITHOUT.
- 919 ANYTHING NOT CONTAINING WHEAT, BARLEY, RYE, OATS OR DERIVATIVES, OR THAT HAS NO "FLOURING" FOR PACKAGING.
- 920 NUMBER 12
- 921 No gluten! No wheats, oats, rye, barley. Fresh fruits & veggies. Packeaged food is either from GF manufacturers or verified by using YOUR list or calling the manufacturer.
- 922 NO GLUTEN
- 923 It's without gluten.
- 924 P.S. A questio for you? Is cottonseed oil gluten-free? I would like to buy it if it is. What about sulphites? Did you eliminate the yearly membership card? I didn't get one this year.
- 927 labelled or without any ingredients on forbidden list or brand listed as gluten free by Celiac Society or product confirmed by company.
- 928 Gluten free should mean there are no gluten containing ingredients in the product and the product can be used or consumed with confidence that it is safe.
- 930 see above  
best is from raw ingredients, made by me!
- 931 "PRODUCT PRODUCED IN A DEDICATED GLUTEN FREE FACILITY"
- 932 foods that do not contain WBRO and are produced in a gluten free environment. No cross contamination.
- 933 'NO' WHEAT, WHEAT STARCH, MALT, OATS, BARLEY, RYE - (NO GLUTEN)
- 934 Any food item that is free of wheat rye oats and barley or any hidden gluten made from those grains.
- 935 as stated above.
- 936 No wheat, barley, rye, or oats or any of their derivartives as stated above.

**Number                      Question number 13 - Gluten-free definitions from Membership**

- 937 no SBRO or corn gluten proteins and manufactured in a gluten free environment as well with -0- detectable gluten
- 938 number 12 - exactly - zero contamination no wheat, barley, rye, or oats.
- 941 I try to adhere to CSA's definition. I occassionly eat an oat cereal & I may eat something with a dual source eh modified food starch (wheat or corn) I just had my second annual checkup & nall blood tests & fat abxorption tests were normal.
- 942 NUMBER 12
- 943 A product that contains no gluten
- 944 wheat, oat, barley - free
- 945 Items that do not contain the above ingredients.
- 947 No wheat, barley, rye, or oats. Gluten-free should not be labeled on any food containing white vinegar or the newer grains amarath, or teff. It is confusing when products contain these ingredients and the national organization does not futtly endorse their safety. I would love to try many of these new products but never do because it will make me sick for days if it has any gluten in it.
- 948 as stated in question 12.
- 949 does not contain any wheat, barley, rye, oats or any any of their derivatives
- 950 no wheat, barley, rye, oats or anything containing or may contain beproducts or WBRO.
- 951 an iten is gluten free if it contains no wheat, barley, ot rye in any of the ingredients.
- 952 gluten free is free of ANY wheat, barley, rye, oats & derivatives, SHOULD be also wheat free and any wheat derivatives!
- 953 No wheat, barley, oats or rye in any form.
- 954 NO wheat, rye, oats, barley EVER
- 956 That is as stated in number 12
- 957 NO WBRO
- 958 Total rejection of any product containing W.R.,O, & B!!! READ EVERY PRODUCT LABEL! Yes, it means too much time shopping, but it's worth everyminute of it!
- 959 No Gluten and no gluten contamnation of the foods.
- 961 as above -  
    No wheat, barley, rye, or oats or any of derivatives
- 962 Safe for me  
    My Lifeline
- 963 products which contain no WBRO or derivatives & have not been processed in contact with WBRO
- 964 Do other products - corn, rice, potatoes, etc - contain gluten??  
    "No wheat, rye, barley or oat gluten used"

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 965 As above in statement number 12.
- 966 "Gluten Free" means "Gluten Free"  
NO IFS ANDS OR BUTS.
- 967 It is my Rx for good health. A medically diagnosed disease & the only treatment is gluten-free - uncontaminated foods - If I eat foods containing gluten - I die. The they know it is serious.
- 968 No wheat, barley, rye, oats or their derivatives.
- 969 read ingredients before buying -  
" " eating
- 970 CONTAINS NO GLUTEN!
- 971 No wheat, Rye or Barley or their derivatives.
- 972 If the ingredients listed on the package state "Gluten Free"
- 973 I am glutin interlerant - do not eat anything with wheat, ryem barley or oats.
- 974 Product clearly marked gluten free or listed as such in the CSA Gluten free commercial Products Listing
- 975 NO wheat. Barley. Rye. Oats or derivatives. Buckwheat - age - 10, age "adult" - had anaphylactic shock reaction - unable to breathe, etc. . Hospitalization required, became unconscious, etc.
- 976 As above, which includes oats.
- 977 as noted above.
- 978 the above without "oats"
- 979 No wheat, barley, rye & oats in food also no additives which contain gluten from the above grains. (of derivatives)
- 980 Product does not contain wheat, barley, rye, oats or any by products of the afore mentions or cross contamination.
- 981 Not containing any wheat, barley, rye, oats, or any derivativer fo those, And also not any contamination from other sources.
- 982 No wheat, barley, rye, oats or any substamce derived from these frains in processing.
- 983 The product does not contain
- 984 If it's gluten-free it has no gluten that's wheat oat rye barley.
- 985 "No wheat oats rye or barley"
- 986 Product containing no wheat barley oats or rye - and gluten
- 987 NO wheat, barley, rye, or oats in my diet.
- 988 No wheat rye or barley; contaminated oats

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 989 exactly this statement above
- 990 any ingredient that cannot be traced back to wheat or gluten or any of it's derivatives.  
Thank You too!
- 991 As above: NO wheat, barley, rye, oats, or any of their derivatives.
- 992 I like to get an OK from the manufacturer but if a food ingredient list doesn't include a gluten source I will try it & if it doesn't have any adverse affect I will continue to
- 993 never eating foods that contain gluten so that I may be healthy.
- 994 No Gluten in any product on the market whether liquid or any product
- 995 NONE used in INGREDIENTS, or contaminated during manufacture/processing. (By "ingredients" I mean ALL additives, flavorings or tiny quantity ingredients should be researched & established to be GF, as well.... OR NOTED AS SOURCE UNESTABLISHED SO WE CAN AVOID.)
- 996 Complete and truthful information.
- 997 No intentional wheat, rye, barley or oats and HOPEFULLY no cross contamination from their other products or suppliers.
- 998 NO WHEAT OATS BARLEY OR RYE
- 999 Just what it says "gluten free"
- 1000 Foods that I eat do not contain any gluten products.
- 1001 Gluten-free products should not contain any wheat, barley or rye or any of their derivatives. Oats are iffy & I am not sure.
- 1002 Same as in number 12.  
Thank you for your organization & all the work you do.
- 1003 having Labels for food explain their source. Once educated as to what foods are safe, then the consumer can determine what products they wish to purchase if consistency is used for all Labeling.
- 1007 contains none of the gliadin plant physiologists and doctors say causes CD, and reasonable care has been taken to prevent contamination along the way to the consumer. I believe worry over possible contamination of, for example, shampoo, does more damage to the individual than a bit of contamination in shampoo.
- 1008 As stated in number 12 as well as informaion on whether it is prepared in a facility where there is wheat. ( I recently started to experience some symptome with "Amy's" gluten-free products.
- 1009 FREE OF ALL TRACES.
- 1010 Containing no harmful gluten products. Not even those unidentified.
- 1011 As stated in number 12, above.
- 1012 Contains no gluten from ingredients, INCIDENTALS, PROCESSING OR PREPARATION.
- 1013 STAYING AWAY FROM EVEYTHING ON YOUR LIST - EVERY ITEM ON THAT LIST IS MY GLUTEN FREE BIBLE.
- 1014 "Absolutely nothing to do with rye, oats, barley, wheat & chemical additives."

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 1016 NO "gluten" not even contamination of dust.
- 1017 Having no ingredient containing wheat,rye, barley or oats and produced in an environment where there is no cross-conatmination.
- 1018 The definition in number 12.
- 1019 a diet free of wheat, rye, barley, and possibly oats.
- 1020 ABSOLUTE NO GLUTEN.
- 1021 Some of us have lived so long (80 yrs.) not knowing what was wrong and then finding out about the wheat & gluten intolerance; so we are used to reading labeles but really expect them to be gluten free; when they say they are.
- 1022 No chance of any gluten on, in, or near this product
- 1023 Marion Wood was a good friend and a great help. She convinced me from the beginning on the importance of elimination gluten from my diet.
- 1025 "All Products" should not contain any wheat, rye, barley, oats or any of their derivatives.
- 1026 it is safe to eat
- 1028 "Gluten-Free" are products that do not contain "Gluten".
- 1029 NO wheat, barley, rye, oats, anything made with WBRO, ot their derivatives, even a tiny bit.
- 1030 It has none of the products I can't have like wheat, barley, rye, & oats.
- 1032 Would be No wheat, barley, rye, oats and educate yourself about celiac disease.
- 1034 Any food with NO trace of wheat, barley, rye, or oats.
- 1035 NO WHEAT, OATS, RYE OR BARLEY IS PRESENT IN THIS PRODUCT. THIS SHOULD APPLY TO ALL ADDITIVES ALSO
- 1038 Simple - just remember each time you are buying food - Read the Label. Restaurants - now comply with my request for gluten-free.
- 1039 -0- tolerance to gluten & deriviatives  
foods, skin products, hair & Rx.  
WBRO and lactose, NO MSG, HVP
- 1040 -on label  
-confirmed by phone or e-mail from company after speaking with knowledgable rep.  
-confirmed from drug company using bar coed or lot number
- 1041 Eating and drinking foods that are truly gluten-free.
- 1042 Does not conatin or have been processed with anything made of wheat, rye, barley or oats.
- 1043 See above - 100% free
- 1044 Contains no wheat, barley, rye or oats, or any derivative thereof.

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 1046 "The gluten-free diet is a celiac's medicine."  
The product package must say "gluten-free" and I must be able to verify that from the ingredient labels. When in doubt, do not consume.
- 1047 Not containing (or contaminated with) any wheat, oats, barley, or rye products or derivatives. (In any quantity in any ingredient!)
- 1048 Containing insignificant amounts of gluten.
- 1049 as stated above with a concise cescription of the actual ingredients.
- 1050 Food (or pkg food) that contains no wheat, barley, rye (or oats?)
- 1051 Natural food, healthier food.
- 1052 Are there varying degree's of celiac sprue disease?
- 1053 Foods which do not contain any gluten bearing grains or their derivatives.
- 1054 Not only should the product be free of wheat, rye, barley, or oats, but it should be perpared in a gluten-free environment.
- 1056 not contain: wheat, barley, rye, oats, soy sauce or the \_\_\_\_\_, condiments, or vegatable frotein starches a thickaning agents from gluten - isn't manufactured in the same facility as gluten containing foods. Have a separate sea\_\_\_\_\_
- 1057 ABOVE (NUMBER 12)
- 1058 Diet free of wheat, barley, rye, oats and anything derived from these things.
- 1060 any thing that contains wheat, barley, rye, oats soy, or their derivatives also chicken.
- 1061 DEFINITION GLUTEN-FREE EXPRESSED IN NUMBER 12.
- 1062 There is no trace of gluten, being the product itself of the preparation of a product. If it says "gluten-free" there should not be any question to its safety.
- 1063 I can be healthy and feel good!  
Sorry to be late with this!
- 1065 WRBO - FREE  
CONSISTENT AND RELIABLE LABELING WOULD MAKE A HUGE DIFFERENCE IN MY QUALITY OF LIFE - ESPECIALLY IN RESTAURANT MENUS.
- 1066 zero gluten contained and zero gluten contaminted
- 1067 see above
- 1068 ZERO BY INGREDIANT OR CONTAMINATION!
- 1070 Gluten-free means no gluten from wheat, oats, barley and rye.
- 1071 Does NOT contain wheat, barley, rye, oats or has not been CONTAMINATED by any of the products either.
- 1072 100% gluten - free
- 1073 Total "gluten free" there should be no words that mean something else on any labels.

**Number                      Question number 13 - Gluten-free definitions from Membership**

- 1074 Nothing coming in contact with any foods or by-products containing the least amount of gluten
- 1075 JUST THAT - NO GLUTEN OR DERIVATIVES
- 1076 Gluten is the protein found in wheat, barley, rye, & perhaps oats. So in order to be well, we must avoid foods that contain those products.
- 1077 No wheat, rye, barley or oats. No grain alcohol. No soft cheese. No sauces unless made with cornstarch, no pasta.
- 1079 Food which does not contain wheat, barley, rye, oats or any traces of same.
- 1080 No wheat, rye, barley or OATS - or derivatives.  
'TOTAL GLUTEN-FREE' - TO MEAN - NO FOOD GLUTEN AT ALL!
- 1081 NO WHEAT, BARLEY, RYE AND OATS OR THEIR DERIVATIVES - EVEN IN TRACE AMOUNTS. CARE TAKEN NOT TO CROSS CONTAMINATE WITH FOODS CONTAINING GLUTEN - VIA DIRTY HANDS, UTENSILS DISH CLOTHS, KNIVES, ETC.
- 1084 produced in a gluten Free environment and no gluten added to product in any way.
- 1086 confirmed (w/reasonable certainty) that product contains NO WBRO
- 1087 All products labeled "Gluten Free" must have been proven to be totally free of wheat, barley, rye, oats and any derivatives of such products. In addition each product must have been proven to not have been exposed to cross contamination.
- 1088 number 12
- 1090 NUMBER 12 Above
- 1091 Gluten free means to me the difference between life and death. Thankful that it was not a cx of CANCER. Gluten free is living without wheat, barley or oats & to be able to continue to live.
- 1092 NUMBER 12
- 1093 For nearly 35 years I have read labels and it is time consuming if it is labeled one quick look --- saving lots of time & energy
- 1094 No gluten or derivative in any amount!
- 1095 "Gluten-free", to me, means no gluten products in the food, including additives
- 1096 Gluten free means using no gluten product or derivative and the gluten free being completely separated from products with gluten.
- 1098 (As above in number 12) mme  
"Gluten-free" to means no wheat, barley, rye or oats or any of their derivatives in food or in the preparation process of those foods. There should be no contamination of such foods by wheat, etc.
- 1100 NO GLUTEN
- 1102 A product in "gluten-free" when it contains no wheat, oats, rye or barley or any derivatives thereof
- 1103 Contains no WBRO, does not need to be produced in a gf facility or on dedicated lined if good manufacturing processes are used.
- 1104 Do not eat anything with wheat, oats, barley or rye in it. PERIOD.

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 1105 gluten free should mean it contains no suspect natural flavors, artificial flavors or colorings AT ALL.some celiacs may tolerate low dose gluten but I don't and I don't want to be in doubt about what I just ate & how it will effect me.
- 1106 IT CONTAINS NO WHEAT, BARLEY, RYE OR OATS, OR THEIR DERIVATIVES.
- 1107 Neither contains not could have been contaminated by oats, barley, rye or wheat.
- 1108 Does not contain ANY gluten
- 1109 does not contian WBRO, modified food starch, TVP, yeast extract, natural flavorings
- 1110 if in doubt "oot"
- 1111 Always being watchful & aware, not really taking chances with the food I eat. Reading labels. The only person I would hurt is myself by no doing these things.
- 1112 Gluten free: growth, harvesting, processing, storage, & display. No cross contamination. No GMO's. organic.
- 1113 NOT CONTAINING GLUTEN FROM WBRO.
- 1114 SAME AS ABOVE
- 1115 Same as number 12 w/emphasis on "any of their derivatives."
- 1116 My body will rejeat anything that is not gluten-free - Life is nicer on a gluten-free diet.
- 1117 1. Gluten-free ingredients - Product not made with any WBRO ingredients or any ingredients such as dyes, flavor enhancers, or binding agents that contain gluten. 2. Gluten-free processing - product made on equipment that has been throughly cleaned if equipment has been previously used to process foods containing gluten.
- 1118 as above
- 1119 Containing no wheat, barley, rye, oats or their derivitives, and not being processed by machinery that touches gluten in any form.
- 1120 If it helps DO IT!!
- 1121 ANY PRODUCT THAT'S MANUFACTRED WITHOUT ANY WHEAT, RYE, BARLEY OR OATS USED IN ITS PRODUCTION AND WITHOUT THE POSSIBILITY OF PRODUCTION AND WITHOUT THE POSSIBILITY OF CROSS-CONTAMINATION CAUSED BY AFORE MENTIONED GRAINS.
- 1122 no wheat, rye, barley, or oats.
- 1123 FEELING SAFE KNOWING I CAN EAT THE FOOD.
- 1124 the one stated above.
- 1125 NO WHEAT, RYE, BARLEY OR OATS
- 1127 No WRBO or their derivatives but even with a strict diet I still have severe DH.
- 1128 My definition would be absolutely no trace of gluten or even cross contamination if known . I just think it's difficult to remember all the different names used for gluten / hylorized protein, enzumes, food colorings etc.
- 1129 see item 12

**Number                      Question number 13 - Gluten-free definitions from Membership**

- 1130 Products defined above processed or prepared in a GF environment.
- 1131 NO GLUTEN.
- 1133 A product that does not contain wheat, rye, barley, malt or oats
- 1134 that it contains NO gluten - but we can have corn gluten & other grain glutes so this is not necessarily a correct term. (however I understand it means only the wheat, rye, barley & oats.
- 1135 SAME AS NUMBER 12.
- 1136 a product that does not contain gluten that will irritate my status as a celiac. However, I am confused about whether gluten of some time is okay to ingest. Are these the only sources of gluten?
- 1137 Always bring your own food with you where ever you go.
- 1139 Free of wheat, barley & oats
- 1140 as in comments above.
- 1141 "Gluten free" means just that - of all wheat, barley, rye and oats or any of their products.
- 1142 Gluten Free - Wheat free - I may eat this product - Gluten free is not always wheat free - so it is very tricky & I didn't know this in the beginning.
- 1144 The above statement plus or have NOT been or contact with wheat, barley, rye or oats.
- 1146 any product (food and non-food) that has been produced in an environment that does not risk cross-contamination and which is free of any wheat, barley, rye, oats, or any of their derivatives.
- 1149 NO WHEAT, BARLEY, RYE OR OATS!
- 1150 I don't have one. I have trouble explaining exactly what it means to people who ask me about it.
- 1151 products that don't contain wheat, barley, or rye or derivatives thereof
- 1153 There should be NO detectable gluten
- 1154 Gluten free to me means no wheat, rye, oats or barley
- 1155 I have no choice - either gluten-free, or be sick!
- 1157 "Wheat-free/gluten free"
- 1158 There is no wheat, oats, barley, rye or modified derivative of gluten present.
- 1159 No wheat, barley, oats, or rye in any ingredients.
- 1160 No oats, wheats, barley, rye
- 1161 Same as above, except add or used in processing or packaging
- 1162 Same as above, except add or used in processing or packaging

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 1164 No possible gluten ingredients in item not even possible residue or contaminated by utensils etc.
- 1165 food that I do not have a bad reaction too.
- 1167 Just that, gluten-free. There should be NO gluten in ANY form, hidden or not. If in doubt I don't eat it! I read EVERYTHING
- 1168 Products that do not contain any wheat, barley, oats or rye. But I sure hope we can have oats soon!
- 1170 SEE NUMBER 12
- 1171 very important to me in cereals, bread, sauces especial Barbeque Sauces & especially in Restaurants. I'm never able to eat barbeque pork & it upsets me. I'd appreciate the knowledge
- 1172 "" a sensitivity to gluten found in many grains (flours).
- 1173 Foods that do not contain wheat, barley, rye, oats or any of their derivatives and are prepared in gluten-free facilities.
- 1174 FREE OF GLUTEN OF ANY KIND OF FLOUR FREE OF PLANT CONTAMINATION
- 1175 No wheat, barley, rye, oats
- 1176 see parentheses re number 12
- 1177 No wheat, rye, oats, barley or derivatives -
- 1178 Any food product or additive that can cause harm to my intestinal mucosa that I need to stay away from.
- 1179 As a Celiac wheat free - watching others eat & enjoy all those foods & treats I used to envy. Depression & denial - abstinence & jealous feeling when fam & friends participate at a brunch. Grateful not cancer or worse.
- 1180 FOODS THAT DO NOT CONTAIN ANY TRACE OF WHEAT, MALT, BARLEY, OATS, RYE OR ANY OF THEIR DERIVATIVES.
- 1181 Avoidance of all foods that contain wheat, rye, barley & oats, & that are prepared (or grown) in an area that is not cross-contaminated with those foods & grains.
- 1183 I follow the strict definition of Gluten Free
- 1184 I must starve on gluten free diet or die. Diagnosed in year 2000 - w/biopsy. Read all information re: celiac disease joined local celiac support group in Plattsburg N.Y.
- 1185 "Celiac safe": almost every grain including corn has some kind of gluten in it. The majority? Of celiacs have intolerance to other proteins. There will probably not be a "good" definition.
- 1186 Same as above. No wheat, barley, rye or oats.
- 1187 Foods or products that are free of wheat, barley, rye, oats or any of their derivatives.
- 1188 I can eat it if it's gluten-free.
- 1189 Contains No wheat, barley, rye or anything made from them. Produced on clean machines away from gluten containing products. Not produced by gluten containing products.
- 1190 Does not contain WBRO and has not come in contact with WBRO during production.

**Number**                      **Question number 13 - Gluten-free definitions from Membership**

- 1191 DOES NOT CONTAIN ANY WHEAT, BARLEY, RYE, OATS. OR ANY OF THEIR DERIVATIVES
- 1192 CHECK INGREDIENT LABELS EVERY TIME ON EVERY ITEM. AT RESTAURANTS - TAKE NO KNOWN TISK - ACCEPT THERE MAY BE A SLIGHT RISK THAT IS NOT KNOWN.
- 1193 Absolute  
The type of starch used in foods & medications should be indentified. le wheat starch or corn starch or rice starch.
- 1195 free of the protein found in wheat oats barley & rye.
- 1196 Don't eat anything containing WORB
- 1197 foods or products that do not contain any wheat, barley, oats or the cor other products such as malt, certain vinegars. Etc. modified food starch.
- 1198 No wheat, rye, barley, oats or any of their derivatives.
- 1199 100% gluten free. NO WBRO. NO contamination. When in doubt, leave it out.
- 1200 Living my life "gluten-free" enables me to have my life to live.