



American Celiac Disease Alliance

Food Labeling (FALCPA) Fact Sheet

November 2005

With the widespread support of the celiac community, the Food Allergen Labeling and Consumer Protection Act (FALCPA) became law in August 2004. This new law requires manufacturers to provide more information about the ingredients used to make their food products, by specifying the presence of allergens on the product label. These important food labeling changes will go into effect on January 1, 2006.

The American Celiac Disease Alliance, (formerly the American Celiac Task Force) is a coalition of support, research and industry organizations that formed in 2003 to specifically work for the passage of the food labeling law. We understand that you may have many questions about the new food labels and what they mean for you as a person with celiac disease (or a parent of a child with celiac disease). We hope this fact sheet will answer many of your questions and prepare you for the exciting changes ahead!

How Will Food Labels Change in 2006?

Many large manufacturers have already implemented the changes that are required by the new law, so you've probably seen the new food labeling system in action.

Specifically, the law requires that food statements must list in plain language, what, if any, of the eight main food allergens (milk, egg, peanuts, tree nuts, fish, shellfish, soy, and wheat) are contained in a product. In addition, allergens are to be listed if they are secondary ingredients in the spices, natural or artificial flavorings, additives, and colorings in a product.

Will All Food Products Have Allergens Listed as of January 1, 2006?

The law requires that products *manufactured* after January 1, 2006, have allergens declared on the label. It will take time, perhaps up to a year, for store inventory to be replaced by items bearing the new label.

What About Labeling a Product Gluten-Free?

This important law also asks the Secretary of Health and Human Services to establish rules to guide manufacturers who choose to voluntarily label their products gluten-free.

This aspect of the law requires the government to establish a standard for what constitutes a gluten-free product. It is then up to the individual manufacturers to demonstrate that their company meets the standard, if they want to have a gluten-free designation on their product label. (This standard must be established by 2008.)

What About Cross-Contamination?

The law also requires the FDA to examine how best to address the problem of unintentional contamination and cross-contact of foods, and determine the best way to inform consumers with food allergies about the risk of cross-contamination.

Will Restaurants and Cafeterias Have the Same Labeling on the Food Products They Purchase?

Yes. However, restaurants and cafeterias will have to develop procedures for using this information as they prepare food for their customers, in addition to minimizing cross-contamination and considering menu listings.

How Can I Determine if A Product Is Gluten-Free?

Step 1

Is wheat *in the ingredients list* or is it listed *in an allergen statement* beneath the ingredients list?

If Yes, Stop! This product is not gluten-free.

If No, Proceed to Step 2.

Step 2:

Read the ingredients list. Is there Barley, Rye or Malt listed?*

If Yes, Stop! This product is not gluten-free.

If No, This product is gluten-free and safe to eat.

* *People with celiac disease are advised to consult with their physician about including oats in their diet.*

What Will the New Labels Look Like?



ConAgra adopted the new labeling guidelines before the law went into effect. Below are two labels for the same gluten-free soy sauce. The first is the old label, the second is one version of the new one.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size 1 tbsp (15mL)		Total Fat	0g 0%	Total Carb.	1g 0%
Servings about 20		Sat. Fat	0g 0%	Fiber	0g 0%
Calories 10		Cholest.	0mg 0%	Sugars	1g
Fat Cal. 0		Sodium	1260mg 53%	Protein	1g

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. Not a significant source of vitamin A, vitamin C, calcium and iron.

INGREDIENTS: WATER, SALT, HYDROLYZED SOY PROTEIN, CORN SYRUP, CARAMEL COLOR, POTASSIUM SORBATE (PRESERVATIVE).

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See Inside Label For Recipes

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. Size 1 tbsp (15 mL)		Total Fat	0g 0%	Total Carb.	1g 0%
Servings about 30		Sat. Fat	0g 0%	Fiber	0g 0%
Calories 10		Cholest.	0mg 0%	Sugars	1g
Fat Cal. 0		Sodium	1260mg 53%	Protein	1g

*Percent Daily Values (%DV) are based on a 2,000 calorie diet. Not a significant source of vitamin A, vitamin C, calcium and iron.

INGREDIENTS: WATER, SALT, HYDROLYZED SOY PROTEIN, CORN SYRUP, CARAMEL COLOR, POTASSIUM SORBATE (PRESERVATIVE), **CONTAINS: SOY**

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Shouldn't I just call the manufacturer, to be sure?

If you have questions about manufacturing practices that could result in cross-contamination, a call to the food manufacturer may be helpful. However, the food company is likely to refer you to its own product label if you are calling about an ingredient. Please remember that this new labeling system is a legal requirement, and companies have to declare allergens like wheat in main ingredients as well as colorings, flavorings and spices. Gluten-free consumers have been using this system for Kraft, Con-Agra and Unilever products for more than a year, with great success.

The American Celiac Disease Alliance was formed to advocate for individuals with celiac disease. The need for a national organization representing the entire celiac community was reinforced at a landmark symposium convened by the National Institutes of Health. The three day symposium culminated in a consensus statement which recommended "the formation of a federation" of celiac organizations to advance education and advocate for individuals with celiac disease. For more information, go to www.americanceeliac.org.