

WHAT DOES GLUTEN-FREE MEAN?

Limit values, allergen labelling and quality seals

Foods are strictly regulated and controlled products whose rules are set by international institutions as the European Union. This makes it easy to eat gluten-free both at home and on the go. For example, information on food packaging such as the list of ingredients, allergen labelling and the use of symbols are regulated. *

LABELLING

The list of ingredients is a safe and simple way to unequivocally identify those ingredients that often can trigger allergies or intolerances. Thanks to the mandatory Food Labelling Ordinance, these ingredients, even cereal products containing gluten, must be specially highlighted. **When you need gluten-free food, make sure to take a closer look at the highlighted ingredients.** In order to rule out any risks for your guests and if you are unsure whether gluten is contained or not, check again the ingredients on the Schär Foodservice website or directly with the coeliac societies. **

QUALITY SEAL

Seals and symbols are important components of product packaging. They are meant to show in an easy way which valuable components distinguish the product. Quality seals and symbols are standardised throughout Europe. Their use is optional for the manufacturers, although, as a matter of facts, all the necessary requirements must be met. The term „gluten-free“ applies to foods with a gluten content of less than 20 mg per kg. This content corresponds to 20 ppm, i.e. „parts per million“ and represents the limit considered safe for those with coeliac condition.

In addition, manufacturers have the possibility to display the symbol of the Crossed Grain on the packaging, which is awarded by the coeliac societies. **The symbol of the Crossed Grain applies as certification for gluten-free products at European level.** It represents an optional information providing an additional guarantee that a product is gluten-free. For this symbol, coeliac societies of the respective European countries offer food manufacturers a licence agreement with an additional registration number. This ensures you, as buyer and caterer, that the products you are using are guaranteed by the issuing association. *** In this way you are able to safely identify gluten-free products when making your order and when offering your meals to customers with coeliac disease.

References:

* Ordinance (EG) Nr. 41/2009 <https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2009:016:0003:0005:DE:PDF>

** 1) Allergen labeling for packaged foods

- Food Information Ordinance (Ordinance (EU) Nr. 1169/2011)

<https://eur-lex.europa.eu/LexUriServ/LexUriServ.do?uri=OJ:L:2011:304:0018:0063:de:PDF>

2) Allergen labeling for packaged and loose goods

- Guideline 2007/68/EG

<https://eur-lex.europa.eu/legal-content/DE/TXT/PDF/?uri=CELEX:32007L0068&qid=1402043214782&from=DE>

*** Example: DZG

<https://www.dzg-online.de/informationen-gur-lizenzierung-bei-der-dzg.808.0.html>

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