



## The Manufacturing Process of Gluten-Free Grains: Safe Practices and Areas of Concern

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## Which Grains are Naturally Gluten Free?

Oats

Millet

Buckwheat

Quinoa

Sorghum

Soy

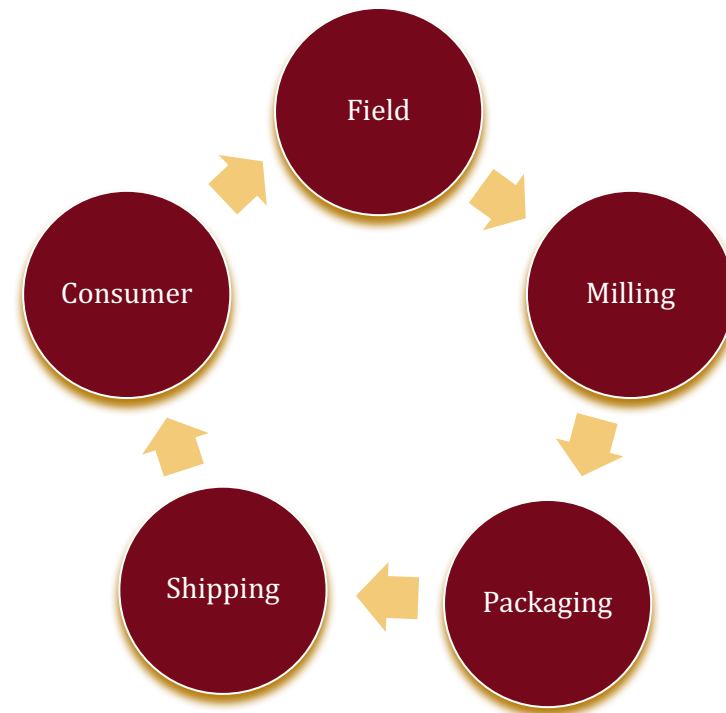
Flaxseed

Amaranth

Rice

## Where does cross contamination occur?

- Growing and Harvesting in the fields
- Milling and Processing in a manufacturing facility
- Packaging
- Shipping
- Restaurants
- Home Kitchens





# Manufacturers





## OATS

- Often used as rotational crops with wheat, rye and barley
- Often transported in same trucks as wheat, rye and barley
- Needs to be grown in dedicated fields (within a certain distance of gluten fields)
- Needs to be third party tested
- Look for labels: Gluten Free or Certified Gluten Free

# GFCO: Gluten Free Certification Organization

- Tests at less than 10 PPM
- Leading gluten-free certification program in the world
- GFCO certifies companies and manufacturers in 27 countries using the strictest standards for certification at 10 ppm or less
- GFCO is an internationally recognized certification symbol amongst consumers, certifying over 23,000 products from more than 700 companies in 27 countries worldwide.



GLUTEN-FREE  
CERTIFICATION  
ORGANIZATION



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