

# LÄRABAR™

*gluten free tip*

## READ YOUR LABELS

The word "gluten" doesn't always appear on ingredient labels. Watch out for these words, which indicate gluten is present:

BARLEY	EMMER	MALT VINEGAR	SPELT
BRAN	FARINA	MATZO MEAL	TRITICALE
BULGUR	FARRO	MIR	UDON
COUSCOUS	GRAHAM	ORZO	WHEAT
DURUM	KAMUT	PANKO	WHEAT GERM
EINKORN	MALT	RYE	WHEAT STARCH

via the National Foundation for Celiac Awareness

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