

Gluten-Free WIC Items

1

CHECK THE LABEL. Look for the “Gluten-Free” (GF) label on packages. If this label is present, it means the manufacturer of that product adheres to FDA guidelines mandating gluten content.

2

EDUCATE YOURSELF ABOUT CROSS CONTAMINATION. Sometimes foods that are naturally gluten-free (quinoa, rice, oats, etc.) are not labeled “gluten-free.” Instead, a label showing “may contain” or “made on shared equipment with...” wheat/gluten may appear. The cross-contact amount may affect some people and not others. Talk with your doctor about gluten levels you or your child can tolerate.

Cherokee Nation WIC Options

The WIC options listed are naturally occurring gluten-free foods. Some are labeled gluten-free and some are not. Refer to the food label.

CEREAL BENEFIT

CEREAL



OATS



GLUTEN
FREE

OATS



CORN TORTILLAS



WHOLE GRAINS BENEFIT

BROWN RICE

