

Avoiding Cross-Contamination

A GLUTEN-FREE GUIDE

Whether you, your family member or your client is following a gluten-free diet, avoiding cross contamination with gluten-containing foods is critical to managing the diet. Here are our top eight tips.

RISK

01

Even hands that look clean contain invisible remnants of gluten.



TIP

All family members should wash their hands before preparing or eating any food.



RISK

02

Sharing utensils or using dirty dishes can be dangerous for people with celiac disease.

TIP

Make sure all dishes are thoroughly cleaned and don't share utensils.



RISK

03

Allergens on unclean surfaces can be transferred to food during preparation.



TIP

Prepare gluten-free foods in a separate area as foods containing gluten.



RISK

04

When in a rush, unlabeled gluten-containing foods might be mistaken for a gluten-free option.



TIP

Store gluten-free foods in separate sealed containers and make sure they are clearly labeled.



RISK

05

Appliances like toasters can still contain remnants of gluten from previous cooking sessions.



TIP

Use separate appliances for gluten-free family members.



RISK

07

Wooden spoons and cutting boards can harbor gluten and bacteria.



TIP

Use metal or plastic instead of wooden spoons.



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08

Double dipping utensils to spread condiments can cause cross-contamination



TIP

Buy squeezable condiments for gluten-free family members and keep them labeled.



RISK

06

Gluten particles could fall into gluten-free food items.

TIP

Keep gluten-free items above gluten-containing items in the pantry and refrigerator.

