

# "IS IT GLUTEN FREE?" – DECISION TREE

This decision tree is intended by the Coeliac Society to be a high-level guide to help you avoid foods containing gluten. It may not be suitable in all cases and there may be foods that do not fit neatly within the categories below. Where that appears to be the case, or if you are unsure whether a food contains gluten for any other reason, you can always call our helpline or drop us an email at 01 8721471 info@coeliac.ie

