Keep a Gluten-Free Claim Separate From a Wheat-Allergy Decision - working notes

One situation. Clear facts. An honest next step.

Use the exact package and the person's established care instructions. FDA's gluten-free standard and wheat ingredient information answer related but different questions; do not override an individual allergy plan.

Hypothetical example: An adult pauses a product choice when its gluten-free claim and wheat wording raise an unresolved question. The individual's established care plan is not changed by the worksheet.

01 Start with the actual dietary requirement

Identify the actual requirement through the established private care arrangement.

Exact product and variety

Requirement category only

Responsible decision maker

02 Understand what the claim establishes

Read both the gluten-free claim and relevant wheat information.

Gluten-free wording

Relevant wheat wording

Question needing clarification

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03 Read the exact package rather than the brand

Check the exact product and resolve the question appropriately.

Appropriate source contacted

Answer actually received

Alternative if unresolved

04 Communicate the decision without a guarantee

Communicate the actual choice or hold before serving.

Final choice or hold

Cook and server informed

Private details kept elsewhere