

# The Celiac Safety Act

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## Background

Celiac disease is an autoimmune disease where consuming the protein gluten (found in wheat, barley and rye) causes the immune system to attack the lining of the small intestine. There is no cure, and the only treatment is adherence to a strict gluten free diet. Celiac disease can impact every organ and is associated with over 200 symptoms. Roughly 3 million American have celiac disease, but a significant number of them are undiagnosed.

Gluten is commonly found in:

- Pastas
- Breads
- Breakfast foods
  - Pastries
  - Pancakes
  - Waffles
  - Cereal
  - Granola
- Crackers
- Sauces
- Soy sauce
- Cream sauces made with a roux
- Gravies
- Flour tortillas
- Beer

In the US, a product may only be considered ‘gluten-free’ if it has less than 20 parts per million (ppm) of gluten detected. While the FDA requires manufacturers to list wheat as a major allergen, this does not account for other gluten containing grains like barley and rye. Unlike Australia, New Zealand, Canada, the United Kingdom, and all 27 member states of the European Union, the US does not require manufacturers to list gluten as a major allergen. As a result, individuals with celiac disease often face significant difficulty determining whether packaged foods are safe to consume. This regularly leads to accidental gluten exposure, prolonged illness, intestinal damage, nutritional deficiencies, and other serious complications.

In January 2026, the U.S. Food and Drug Administration issued a Request for Information (RFI) seeking public input on gluten labeling standards and cross-contamination risks. The RFI reflects growing recognition that current labeling requirements may not provide sufficient clarity for consumers managing celiac disease and other conditions that require a gluten-free diet.

## Bill Information

The *Celiac Safety Act* is the first legislative proposal to require the FDA to mandate the inclusion of “*gluten-containing grains*” as a major food allergen.

Specifically, the *Celiac Safety Act* would:

- Require any product containing wheat, barley, or rye to list “gluten-containing grains” as a major allergen
- Provide an 18-month implementation window for the FDA and manufacturers

## Endorsements

The Celiac Disease Foundation, American Gastroenterological Association (AGA), Society for the Study of Celiac Disease (SSCD)