

Update for those suffering from gluten intolerance or Celiac Sprue
January 2018

- To be valid for consecration at Mass, hosts must contain at least some wheat, and therefore gluten.
- Low gluten hosts are now available from various sources. See the USCCB article at [this link](#).
- In 2013, the Food and Drug Administration (FDA) defined **no-gluten** or **gluten free products** as having < 20 parts per million of gluten
- Manufacturers had until August 2014 to bring their labelling into compliance with the FDA rule.
- Given the FDA definition, some providers of Catholic hosts might be labelled **no-gluten or gluten-free**.
- Check your host supplier to determine the amount of gluten in your hosts.
- Gluten values for the host suppliers listed on the USCCB website are given below
 - Benedictine Sisters of Perpetual Adoration, Clyde, MO. <.001% or 10 parts per million
 - Parish Crossroads, Kokomo, IN, <.002% or 20 parts per million
 - GlutenFreeHosts.com, Liverpool, N.Y. < .002% or 20 parts per million
 - Cavanagh Company, Greenville, RI, < .002% or 20 parts per million