



Gluten Free Passover Bonanza

During the eight days of Passover, five specific grains are forbidden: wheat, spelt, barley, oats and rye. These grains in particular are fermentable and can cause baked products to rise when exposed to moisture. A few other grains and starches (rice, millet and beans) are not strictly forbidden, but some observers exclude them as well since they can undergo a small degree of fermentation. Matzoh, a staple during this holiday, is made from wheat but is not forbidden because it is prepared in such a way that fermentation does not take place.

So, what does this mean for those who follow a gluten free diet? It means that the forbidden grains must be substituted with other acceptable ingredients, usually potato starch or potato starch flour. So, by sheer coincidence, quite a bit of food bearing the Kosher for Passover label is gluten free!

Passover products are usually available well before the holiday, and most supermarkets create designated sections for these products. Take a moment to read the ingredient lists on these holiday foods that are marked with the symbol pictured at right, excluding of course those made with matzoh meal. You will find that there are many gluten free items such as candies, ketchup, baking ingredients, jelly, chocolates, cakes, and cookies – feel free to stock up for the rest of the year!



For further information:

- Visit www.OUKosher.org to read the article “Gluten Intolerance, Celiac, Allergies and Pesach”
- Try [The Gluten- and Casein-Free Passover Guide](#), by Nadine Gilder, available online and in most bookstores.