FDA defining what "gluten free" means on packages

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Consumers are going to know exactly what they're getting when they buy foods labeled "gluten free."

The Food and Drug Administration is defining what the "gluten free" label really means. Until now, food companies have used their own discretion as to how much gluten they include.

The FDA rule announced Friday says "gluten free" food must contain less than 20 parts per million of gluten.

Gluten is a substance in wheat and other grains. People who have celiac disease can get sick when they eat it because they don't absorb nutrients well.

But the amount the FDA will allow is considered low enough that most people with celiac disease won't get sick if they eat it.

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