

***The US
vs. Europe
vs. The World:***



**Who Actually Has the
Strictest GF Laws?**

And why “Gluten-Free” in the US
doesn’t always qualify in Australia.



Most of the world uses the same limit: 20ppm

US (FDA)

Defined “Gluten-Free” as ≤ 20 ppm in 2013.

Canada (Health Canada)

Aligns with the ≤ 20 ppm standard for cross-contamination.

UK & EU

Both mandate ≤ 20 ppm under Regulation 828/2014.

While the ppm is the same, the **labeling** isn't:

- **EU:** Grain source must always be listed.
- **US:** Current FDA reviews are working to close “hidden” labeling gaps for barley and rye.

Authorities do not test every product before it reaches shelves

In most regulatory systems, products reach shelves **before** authorities ever test them.

Unlike some pharmaceuticals, “Gluten-Free” food labels generally don't require a government lab “pre-check” before they hit the market.



The EU/UK Gap: Same rules, varied checks

Enforcement varies by country.

While **Italy**  is known for stronger structured oversight and registry-based controls, other regions rely on occasional “spot checks.”

There is no single agency testing every brand for you.

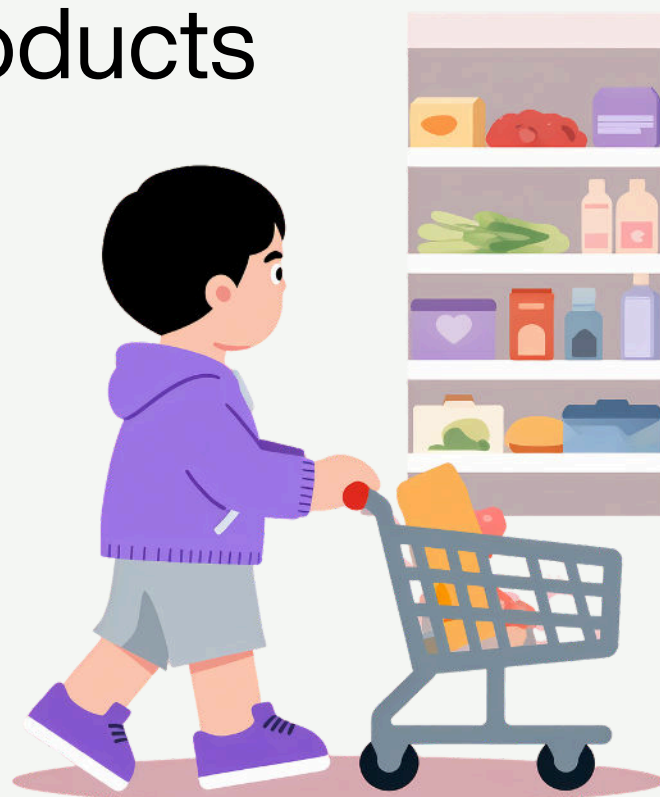


Why the US and Canada feel “reactive”

The FDA and CFIA largely investigate **after** a complaint is filed.



With millions of products on the market, the government cannot test every batch before it hits your cart.



Japan: The world's strictest standard?

Japan 🇯🇵 has a world-leading **1ppm** standard strictly for rice flour.

But for all other foods (snacks, noodles, sauces), there is **no legal definition** for “Gluten-Free” at all.

Without a formal gluten-free legal definition, consistency depends on individual brand policies.



Where GF is just a word

In these countries, “Gluten-Free” is an unregulated marketing claim. Without a third-party seal, you are relying on an unverified promise.

China

No national GF ppm threshold currently defined.

Japan **& South Korea**

No legal ppm floor for general snacks. Stricter rules only apply to specific rice products.

Brazil

Uses a binary system (Yes/No). No ppm threshold.

Mexico **& SE Asia:**

Listing wheat is mandatory. “Gluten-Free” labels have no official government threshold.

Is “imported” always safer?



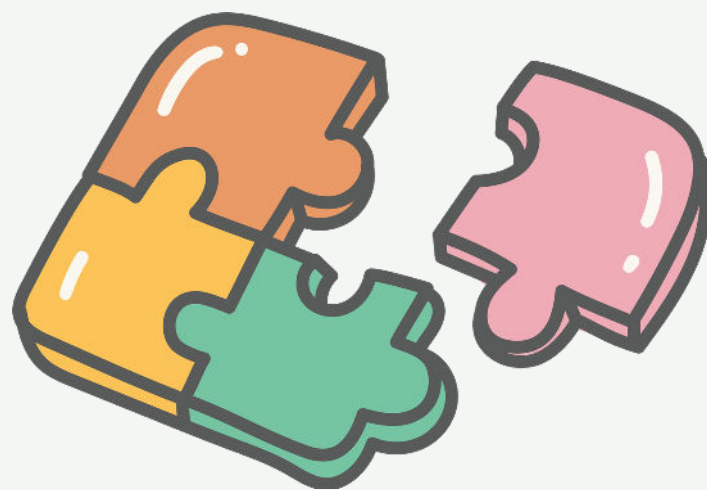
Country / Region	GF Limit (PPM)
Australia / NZ	No Detectable Gluten ≤ 3 ppm in practice
Chile	≤ 3 ppm
Argentina	≤ 10 ppm
US / CA / UK / EU / SG	≤ 20 ppm
Brazil / JP / S. Korea	Varies, mixed rules
MX / CN / MY / TH / PH / VN	None (Unregulated)

Most countries align with the Codex 20 ppm, which comes from the Codex Alimentarius — the international food standard.

**“Legal” isn't the same as
“independently verified”**

**Regulations set the floor;
Certification builds the ceiling.**

Independent programs require proactive audits and 3rd-party testing before a product ever reaches a shelf—filling the gap that government agencies can't.



**Which country on
this list just
became your
next travel
destination?**



Share with a friend who thinks
“Imported = Safer.”



Disclaimer: Data compiled from official national health authorities. Regulations may change. Always verify local laws before traveling.