

GLUTEN-FREE COUNTRY PROFILE

MEXICO

Celiac disease, gluten-free regulations, research and patient support.

Gluten-Free Food Program

Familia SinGluten

MÉXICO SIN GLUTEN

Celiac disease and gluten-free eating

0.9%

Estimated **celiac prevalence** in Mexico, cited by INSABI in 2022.

7.2%

Of adults surveyed in Culiacán **followed a gluten-free diet** in 2022, up from 3.6% in 2015.

Local, self-reported findings; not national prevalence estimates.

Gluten-free labeling

NOM-086

Uses a nitrogen-based criterion for gluten-containing cereal ingredients, rather than a finished-product gluten limit in ppm.

NOM-051

Requires declaration of specified gluten-containing cereals on prepackaged foods.

Codex sets a 20 ppm gluten threshold.
NOM-086 does not.

Cost and gluten levels

17.4%

Of 86 gluten-free-labeled products tested contained **more than 20 ppm** gluten.

3.5×

The study's average **gluten-free-to-conventional price ratio**, by weight.

263 products surveyed; 86 tested for gluten.
Hermosillo and Mexicali, 2020–2021.
Findings are not nationally representative.

Healthcare and financial support

Healthcare

Public healthcare offers referrals to specialist care and diagnostic services, depending on eligibility and availability.

Financial assistance

No dedicated government allowance or reimbursement for gluten-free groceries was identified.

Tax deductions

Certain medical consultations and laboratory tests may qualify for general tax deductions.

Sonora adds celiac provisions to its Health Law

In April 2026, Sonora enacted **Decree 102**, adding celiac provisions to its Health Law.

THE LEGISLATION ADDRESSES

Medical and nutritional care protocols.

Gluten-free options in specified public institutions.

Authorization for a patient card and voluntary foodservice certification.

The reform followed advocacy by Familia Sin Gluten.
Implementation remains to be confirmed.

Community and advocacy

Familia Sin Gluten

Education, awareness and advocacy, including the Sonora reform.

Celíacos de México A.C.

Celiac education and guidance on the gluten-free diet.

Celíacos Sonora

Regional community support for people with celiac disease in Sonora.

Celíacos Unidos México

Awareness and community campaigns.

Independent gluten-free certification is also available in Mexico.

A closer look at Mexico

46%

Of 87 gluten-free dieters surveyed in Culiacán in 2022 reported no medical or dietitian supervision.

7.5×

Gluten-free pasta cost 7.5× as much as conventional pasta in a 2021 study in northwestern Mexico.

Foodservice inclusion

In 2025, three Hermosillo sports organizations reportedly introduced arrangements allowing people with celiac disease to bring their own food.

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Understanding celiac disease, country by country.

Every country has its own gluten-free landscape. Through this series, GFFP explores the evidence, challenges and progress shaping life with celiac disease worldwide.

This profile was produced by the Gluten-Free Food Program in November 2026, in collaboration with Familia Sin Gluten and México Sin Gluten. Find similar resources at **gffp.us/resources**.