

Gluten Contamination of Commercial Oats

by Tricia Thompson

In fall 2002, the Celiac Sprue Association awarded me a generous research grant to assess whether commercial brands of oats were contaminated with wheat, barley and rye. The study entitled “Gluten contamination of commercial oat products in the United States” was published in the November 4 issue of the [New England Journal of Medicine](#).

For this assessment, I used four different lots each of Quaker (Chicago),

McCann’s (Odlum Group, Naas, Ireland) and Country Choice (Eden Prairie, Minn.). I analyzed the oats for contamination with wheat, barley and rye using the Ridascreen Gliadin ELISA manufactured by R-Biopharm and recently validated by the Working Group on Prolamin Analysis and Toxicity.

Containers of oats were purchased in Eastern Massachusetts and sent unopened to the Food Allergy Research and Resource Program at the University

of Nebraska for analysis. McCann’s Steel Cut Irish oats contained from below the limit of detection (< 3 ppm) to 725 ppm gluten. Country Choice Old Fashioned Organic oats contained from BLD to 210 ppm gluten. Quaker Old Fashioned oats contained from 338 to 1807 ppm gluten.

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