

Gluten-Free vs Wheat-Free (vsdiff.com)

Aspect	Gluten-Free	Wheat-Free
Definition	Excludes <i>gluten</i> (a protein complex found in *wheat, barley, rye*).	Excludes products containing *wheat* species only (e.g., common wheat, spelt, emmer).
Scope	Broad: removes multiple grains; affects many processed foods.	Narrower: allows non-wheat gluten sources unless labeled otherwise.
Typical reasons	Celiac disease, non-celiac gluten sensitivity, dietary choice.	Wheat allergy, wheat intolerance, culinary preference.
Labeling/regulation	Often governed (e.g., US FDA ≤ 20 ppm for “gluten-free” claims); varies by jurisdiction.	Less standardized; “wheat-free” claims vary and may still permit other gluten grains.
Cross-contamination concern	High—barley/rye contamination matters.	Moderate—wheat contamination matters, but other gluten sources may be acceptable depending on reason.
Nutritional considerations	May reduce fibre/iron without careful substitution; fortified replacements common.	Often smaller nutritional change unless wheat was primary staple.

Source: <https://vsdiff.com/gluten-free-vs-wheat-free/>