

# Position Statement on Oats

Revised August 20, 2007

*Professional Advisory Board of Canadian Celiac Association*

The safety of oats in individuals with celiac disease has been extensively investigated. Clinical evidence confirms that consumption of pure, uncontaminated oats is safe in the amount of 50 to 70 grams per day (1/2 – 3/4 cup dry rolled oats) by adults and 20 to 25 grams per day (1/4 cup dry rolled oats) by children with celiac disease. Studies looking at the consumption of oats over five years have confirmed their safety. However, the studies looking at safety of oats in celiac disease have involved a small number of subjects, the oats used were pure, free of gluten contamination and the amount allowed per day was also limited.

In Canada, **pure and uncontaminated**\* oats are now being produced. Individuals with celiac disease who wish to add oats or oat products to their diet must ensure that the oats they are eating are free from gluten contamination.

*A small number of individuals with celiac disease may not tolerate even pure, uncontaminated oats. To ensure that persons with celiac disease are not intolerant to pure and uncontaminated oats, proper clinical follow up with the physician is advised when introducing oats to a gluten-free diet.*

The Canadian Celiac Association will continue to monitor the scientific developments in the area of oats in celiac disease and will keep its members updated.

*\*These oats will meet or exceed the purity standards of Foundation #1 as defined by Canada's [Seeds Act](#) or equivalent level of purity obtained by current available methods\*\*.*

*\*\* The Canadian Celiac Association is currently developing a certification standard for PAVENA™ (pure, uncontaminated Oats and Oat products) which will be available later this year.*