



### 3 Things You Should Know Before Filing for a Gluten-Free Food Tax Deduction

It's no secret that gluten-free food packaged food is oftentimes more expensive than its gluten-containing counterparts, but did you know you might be eligible for a tax deduction to help make up the difference?

If you have never filed for a tax deduction for your gluten-free food purchases, there are some important things you should know before you do:

- 1. You Need an Official Diagnosis to be Eligible**

Many people are eating gluten-free for a variety of reasons, but only those with an official diagnosis with a gluten-related disorder will be eligible for a tax deduction. You'll need a prescription from your doctor for a gluten-free diet as your treatment option as well.

- 2. Keep Track of Your Food Purchases the Entire Year**

In order to receive the tax deduction, you'll have to calculate the difference between the cost of gluten-free alternatives vs. the cost of gluten-containing foods. For example, if you purchase gluten-free crackers for \$4.50 and traditional crackers cost \$2.50, you'll only be able to claim the difference: \$2

This will need to be done throughout the year as you purchase gluten-free food. Since you will have a lot of purchases to keep track of, some have recommended using a spreadsheet to help keep track of all of the figures.

Everyone rule has exceptions! Visit the [Tax Deduction Guide for Gluten-Free Products](#) from the National Foundation for Celiac Awareness (NFCA) to see which types of gluten-free food are eligible for a full refund.

- 3. Refunds are Only Given if Medical Expenses Exceed 7.5% of your Adjusted Gross Income**

IRS rules dictate that refunds for medical expenses will be granted only if they are over 7.5% of your Adjusted Gross Income (AGI) (the total gross income, minus specific reductions). [Turbo Tax](#) gives a great example for determining if your medical expenses exceed 7.5% of your AGI.

Once you figure out if you're eligible for a tax deduction, the last step is moving forward and filing your claim. NFCA's [Tax Deduction Guide for Gluten-Free Products](#) also provides more information on the specific IRS tax forms, rulings and publication reference numbers you'll need to file.