

# DID YOU KNOW THAT YOUR GLUTEN-FREE DIET MAY BE TAX-DEDUCTIBLE?

Treatment for **DIAGNOSED** Celiac Disease i.e. a gluten-free diet can be a tax deduction.

## What you will need:

- A physician's letter substantiating the diagnosis as Celiac Disease.
- Medical expenses exceeding 7.5% of your Adjusted Gross Income (AGI)
- Receipts—save all cash register receipts and canceled checks for your gluten-free purchases.

## Guidelines for Deductions:

- The additional cost of the gluten-free product over the cost of a similar item at the grocery store. Example: 16 ounces of wheat pasta costs \$1.99 compared to \$6.39 for gluten-free. You can deduct the difference of \$4.40.
- The total cost of items that are different from anything used in an ordinary recipe. Example: The cost of xanthan gum and gluten-free flour can be completely deducted.
- Mileage expenses and postage and shipping fees for special dietary shopping.
- Restaurants—any extra charges for gluten-free bread or pasta can be entirely deducted.

**Special Note:** If your employer has a Flexible Spending Account Program, you may want to inquire about deducting the extra cost of your gluten-free diet from this account.

\*Craig Marcott is not an accountant or tax attorney. You should consult with your own accountant or tax attorney to determine deductions appropriate to your personal situation.