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GLUTEN FREE DIET

What is a Gluten Free Diet?

It is a diet free of gluten-containing grains such as wheat, rye and barley. Derivatives of these foods must also be avoided. On a gluten free diet you can consume the following: rice, corn, soybean, potato, tapioca, quinoa, arrowroot and their derivatives. Some people on a gluten free diet may tolerate oats in their diet. Speak with your physician or Registered Dietitian to determine if you can include them.

General Guidelines

- Effective January 1, 2006, the Food and Drug Administration (FDA) is requiring food labels to clearly state if food products contain protein derived from the eight major allergenic foods (wheat, soy, peanuts, tree nuts, milk, eggs, fish, shellfish). If wheat is not indicated in the ingredient list, the product label must state that it “contains” wheat and give the name of the grain from which it is obtained after or next to the list of ingredients. This is a result of the Food Allergen Labeling and Consumer Protection Act of 2004 (FALCPA).
- Grains to **avoid** include: barley, bran, bulgur, couscous, durum, einkorn and emmer wheat, faro, farina, graham flour, kamut, rye, spelt, triticale, orzo and wheat.
- **Gluten free grains** include: aramanth, buckwheat, corn, flax, millet, montino flour, popcorn, potato flour, quinoa, brown and white rice, sorghum, soybeans, teff and tapioca.
- Other terms for wheat include graham flour, semolina, farina, white flour, self-rising flour, and durum flour.
- Wheat and other gluten-containing grains are found in a lot of processed foods (i.e. bread, pasta, cereal, crackers, cakes and cookies).
- Check labels carefully for the term “gluten free”. This is important because cross contamination can occur in processing, even on allowed foods.
- Beware of hidden sources of gluten in additives such as modified food starch, stabilizers and preservatives.
- Thickeners and flavor enhancers often contain wheat or wheat derivatives.
- Foods made from barley include beer, ale, porter, stout, malt, malt-syrup and malted beverages.
- Due to manufacturing differences, you must read food labels carefully even on foods you think are gluten free.
- Make sure you thoroughly clean utensils and cooking surfaces after preparing gluten-containing foods because even a small amount of gluten in your food can be harmful.
- Contact your local hospital to set up an appointment with a Registered Dietitian, to help tailor the diet to better meet your lifestyle.

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Dining Out

- You will have more choices at a full service restaurant than at a fast food restaurant.
- Call the restaurant ahead of time and ask if they can accommodate a gluten free diet.
- Begin with something simple rather than asking the chef to remove certain ingredients.
- Choose plainly cooked meats, poultry and fish that are not breaded or fried. Make sure ground beef is 100% beef.
- Ask for extra rice and potatoes instead of bread.
- Choose plain, steamed vegetables.
- Use oil and vinegar on your salads instead of prepared dressings which may contain gluten.

Shopping Hints

- Many grocery stores carry “gluten free” products. For a wider selection, visit a natural food store. Examples include: Trader Joes, Whole Foods, and Wild Oats Natural Marketplace.
- Some stores may special order gluten-free products for you.
- Contact manufacturer’s of gluten free foods and ask for a list of retailers in your area.
- Make a list with all products you know are gluten-free and take that list to the supermarket with you.

Medications

- When taking any medication make sure to ask your doctor or pharmacist if it is gluten free.

National Support Groups

- Celiac Disease Foundation
Phone: (818) 990-2354
www.celiac.org
- Celiac Sprue Association
Phone: (877) CSA-4-CSA (272-4272) Toll Free
www.csaceliacs.org
- The Gluten Intolerance Group of North America
Phone: (206) 246-6652
www.gluten.net

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Gluten Free Diet

Food Group	Allowed	Not Allowed
Grains	<ul style="list-style-type: none"> - Products made from rice, corn, soy and potato flours, potato starch, arrowroot and tapioca, aramanth, buckwheat, corn, flax, millet, montino flour, popcorn, potato flour, quinoa, brown and white rice, sorghum, soybeans, and teff - Cornmeal, hominy grits - Corn, Rice, Rice pasta - Corn pops, puffed rice, rice crackers and cakes, potato and corn chips (check label) - White or sweet potato 	<ul style="list-style-type: none"> - All bread and pasta products made from wheat, rye, barley, spelt (see full list in diet handout) - Rolls, cakes, cookies, pancakes, waffles, crackers, tortillas, prepared mixes, and cereal products made from the above sources.
Vegetables	<ul style="list-style-type: none"> - Plain, fresh, frozen vegetables made with allowed ingredients - Vegetable Juices - Homemade broth based soups and cream soups 	<ul style="list-style-type: none"> - Creamed or breaded vegetables made with not allowed ingredients - Some French fries - Soups made with ingredients not allowed like pasta, and thickening agents
Fruit	-All fruit and fruit juices	<ul style="list-style-type: none"> - Fruits thickened or made with cereal based products - Dried fruit dusted with flour - Commercial pie fillings
Milk	<ul style="list-style-type: none"> - Whole, low-fat, fat free and buttermilk - Condensed and evaporated milk - Plain yogurt - All natural and aged cheeses 	<ul style="list-style-type: none"> - Malted milk - Some milk drinks - Flavored or frozen yogurt - Cheese spreads

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Food Group	Allowed	Avoid
	<ul style="list-style-type: none"> - All fresh meat, poultry or fish - Dry peas and beans, nuts, peanut butter, soybeans, tofu - Cold cuts, sausage, frankfurters without flavors or fillings - Homemade gravies and sauces with allowed ingredients - Eggs using allowed ingredients 	<ul style="list-style-type: none"> - Any meat or meat substitutes prepared with not allowed foods such as bread and cream, meat stabilizers and fillers - Sandwich spreads, canned meats, sausage - Self basting turkey - Canned baked beans - Commercial sauces and gravies - Commercial eggnog - Powdered egg/egg mixes (check label)
Oils	<ul style="list-style-type: none"> - butter, lard, margarine - oils - cream cheese 	<ul style="list-style-type: none"> - Commercial salad dressings made with ingredients not allowed - Mayonnaise made with added flour