

# Gluten Allergy

## Gluten-Free Nutrition Therapy

- Experience sensitivity to gluten, a protein found in wheat, barley and rye.
- Gluten-free nutrition therapy will prevent symptoms of an allergic reaction.
- Knowledge on food and nutrition is needed in order to consume a gluten-free diet successfully.

### Foods that Contain Gluten

- Wheat (all types; including einkorn, emmer, spelt, and kamut)
- Barley
- Rye
- Malt

Oats are generally gluten-free, unless cross-contamination occurs.

These ingredients are found in many food products including flours, bread, pasta, breakfast cereals, cakes and cookies.

### Grains and Plant Food that Does NOT Contain Gluten

- Amaranth
- Arrowroot
- Buckwheat
- Cassava (manioc)
- Corn
- Flax
- Indian Rice grass (Montina)
- Job's tears
- Legumes (dry beans, peas, lentils)
- Millet
- Finger millet (Ragi)
- Nuts
- Potatoes
- Quinoa
- Rice
- Sago
- Seeds
- Sorghum
- Soybean
- Tapioca
- Tef (or teff)
- Wild rice
- Yucca

## Terms for Wheat

The following words indicate the presence of wheat, and foods with any of these ingredients should not be eaten:

- Bromated flour
- Farina
- Phosphated flour
- Semolina
- Durum flour
- Flour
- Plain flour
- White flour
- Enriched flour
- Graham flour
- Self-rising flour

## Gluten-Free Healthy Eating Tips

- ❖ Choose whole grain, gluten-free products when possible.
- ❖ Choose enriched, gluten-free products instead of refined, unenriched when possible.
- ❖ Eat more foods made with alternative plant foods (i.e. amaranth, quinoa and buckwheat). These plant foods are good sources of fiber, iron and B-vitamins.
- ❖ Consume plenty of nongrain sources of the nutrients your body needs.
  - Lean cuts of fresh pork, legumes (dry beans, peas, and lentils), nuts, and fish are good sources of thiamin.
  - Dairy products, legumes, nuts, green leafy vegetables, and mushrooms are good sources of riboflavin.
  - Eat poultry, fish, and lean cuts of fresh pork, legumes, and seeds for a good source of niacin.
  - Choose legumes, green leafy vegetables, and fruit juice for folate.
  - Choose lean cuts of beef, poultry, seafood, legumes, dried fruits, green leafy vegetables, nuts, and seeds for a good source of iron.
  - All plant foods: fruits, vegetables, legumes, seeds, and nuts are a good source of fiber.
- ❖ Talk to your doctor about taking a gluten-free multivitamin and mineral supplement if nutritional needs are not being met.

### Sample of Gluten-Free Menu (1-Day)

Breakfast	2 cups rice cereal 1/2 cup orange juice 1 cup low-fat milk
Lunch	2 oz taco meat, seasoned with chili powder 2 corn taco shells 1 cup lettuce 1/2 cup diced tomato 2 tablespoons shredded cheese 1 apple 1 cup low-fat milk
Afternoon Snack	1 oz string cheese 3 cups plain microwave popcorn
Evening Meal	2 oz chicken, stir-fried 1 cup vegetables, stir-fried 1 teaspoon oil 1/2 cup plain brown rice 1/2 cup mandarin oranges 1 cup water
Evening Snack	1/2 cup vanilla ice cream 2 tablespoons plain peanuts