

# Gluten-Free Diet

Gluten is a protein found in many grains. A portion of this protein (gliadin) damages the small intestine in people with celiac disease. This may cause symptoms such as bloating, intestinal cramping, gas, bouts of diarrhea, weakness and weight loss. People who have celiac disease, also called gluten intolerance or celiac sprue, should strictly avoid gluten in their diets to prevent these symptoms.

A gluten-free diet excludes foods containing wheat, rye, barley and possibly oats. Corn, potatoes and rice do not have gluten and may be eaten. Reading food labels is very important to avoid gluten-containing foods. Many foods contain parts of gluten-containing grains and should also be avoided. Some grains such as buckwheat, millet, quinoa, teff and amaranth are gluten-free, but often become contaminated during the milling process from other grains containing gluten. Eliminating oats may or may not be necessary. There are studies that show moderate amounts of oats may be safe to consume. However, like the other grains listed above, oats are often cross-contaminated during the milling process.

## Beverages

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"><li>• Coffee</li><li>• Tea</li><li>• Decaffeinated coffee - Swiss process only</li><li>• Carbonated beverages</li><li>• Cocoa powder</li><li>• Hard cider</li><li>• Wine</li></ul>	<ul style="list-style-type: none"><li>• Instant coffee which contains wheat</li><li>• Some flavored coffees</li><li>• Malted drinks</li><li>• Ovaltine</li><li>• Cereal beverages (Postum)</li><li>• Root-beer</li><li>• Beer or Ale</li><li>• Distilled liquor (if made from grain)</li><li>• Instant tea and cocoa</li><li>• Herbal teas with barley malt</li></ul>

More on next page →

Learn more about your health care.

## Milk

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• Milk</li> <li>• Buttermilk</li> <li>• Cream</li> <li>• Sour cream</li> <li>• Butter</li> <li>• Some yogurt</li> <li>• Some artificial creams</li> </ul>	<ul style="list-style-type: none"> <li>• Prepared milk drinks made with cereal additive or malt</li> <li>• Some chocolate milk drinks</li> <li>• Flavored yogurt containing gluten</li> <li>• Artificial creams containing gluten</li> </ul>

## Meat and Meat Substitutes

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• All fresh meats, fish, poultry, eggs, peanut butter</li> <li>• Aged cheese such as cheddar, Swiss and parmesan</li> <li>• Cottage cheese</li> <li>• Cream cheese</li> <li>• Imitation seafood made with cornstarch binder</li> </ul>	<ul style="list-style-type: none"> <li>• Any meat or meat substitute prepared with wheat, rye or barley</li> <li>• Processed meats or cheese which contain a gluten stabilizer (oat gum)</li> <li>• Hot dogs, bologna, salami or any meat if made with cereal</li> <li>• Breaded products</li> <li>• Imitation seafood made with a wheat binder</li> <li>• Self-basting turkeys injected with hydrolyzed vegetable protein (HVP)</li> </ul>

## Bread / Starches

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• Breads made with gluten-free flours only (tapioca, corn, rice, potato starch or soy)</li> <li>• Gluten-free bread mix or flour</li> <li>• Bean threads</li> <li>• Potatoes and potato chips</li> <li>• Popcorn</li> <li>• Oats - no more than 1-2 oz./day</li> <li>• Pasta made with allowed flour</li> <li>• Rice, rice crackers, rice noodles, rice bran and cream of rice</li> <li>• Corn tortillas, cornmeal, hominy and grits</li> </ul>	<ul style="list-style-type: none"> <li>• All commercial breads, biscuits and doughnuts, unless "gluten-free"</li> <li>• Flour made from wheat, rye, oats or barley</li> <li>• Cereals made from wheat, barley, oats or rye</li> <li>• Macaroni, noodles or spaghetti</li> <li>• Pretzels and snack foods which contain wheat, rye, oats or barley</li> <li>• Graham, soda, or snack crackers</li> <li>• Wheat germ or bran</li> <li>• Bulgar</li> </ul>

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• Cocoa Pebbles, Fruity Pebbles, Sugar Pops</li> <li>• Puffed rice and cornflakes (that are not malt coated)</li> <li>• Teff*</li> <li>• Amaranth*</li> <li>• Millet*</li> <li>• Oats* - no more than 1-2 oz./day</li> </ul> <p>*Gluten-free, but often cross-contaminated</p>	<ul style="list-style-type: none"> <li>• Spelt</li> <li>• Kamut</li> <li>• Couscous</li> <li>• Orzo</li> <li>• Triticale</li> <li>• Semolina (Duram)</li> </ul>

## Vegetables and Fruits

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• All fruits, fruit juices, fruit drinks and vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Any canned fruit with gluten thickening</li> <li>• All creamed, breaded and escalloped vegetables</li> <li>• Some canned baked beans</li> <li>• Some prepared salad mixes</li> </ul>

## Fats and Oils

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• Margarine and butter</li> <li>• Vegetable oil</li> <li>• Lard, shortening and bacon fat</li> <li>• Homemade salad dressings prepared with allowed ingredients</li> <li>• Pure mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>• Commercial salad dressings or mayonnaise made with wheat, rye, oats or barley</li> </ul>

## Soups

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• Homemade broth</li> <li>• Cream soups thickened with allowed flours</li> </ul>	<ul style="list-style-type: none"> <li>• Canned soups and soup mixes which contain wheat, rye, oats or barley</li> <li>• Bouillon and bouillon cubes containing hydrolyzed vegetable protein (HVP)</li> </ul>

## Desserts and Sweets

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• Gelatin</li> <li>• Cakes, cookies and pastries made with allowed ingredients</li> <li>• Popsicles and fruit ice</li> <li>• Cornstarch, tapioca and rice puddings</li> <li>• "Cooked" puddings</li> <li>• Ice cream and sherbet prepared with a gelatin stabilizer</li> <li>• Corn or maple syrup</li> <li>• Honey, sugar and molasses</li> <li>• Hard candy</li> <li>• Almond Joy, Mounds and Pay Day</li> <li>• Whipped cream</li> <li>• Jellies and jams</li> </ul>	<ul style="list-style-type: none"> <li>• Candy, cake, cookies, pastries and pudding made with gluten containing flours</li> <li>• Prepared cake mixes</li> <li>• Most commercial pudding mixes (instant)</li> <li>• Marshmallow Cream</li> <li>• Marzipan</li> <li>• Ice cream cones</li> <li>• Cake decorations</li> </ul>

## Flours and Thickeners

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• Rice flour (brown and white) &amp; starch</li> <li>• Soy flour</li> <li>• Potato flour &amp; starch</li> <li>• Tapioca flour</li> <li>• Corn flour &amp; starch</li> <li>• Rice starch &amp; rice polish</li> <li>• Arrowroot starch</li> <li>• Teff*</li> <li>• Quinoa*</li> <li>• Sorghum</li> <li>• Nut flours</li> <li>• Buckwheat* and Kasha* (roasted buckwheat kernels)</li> <li>• Garbanzo bean flour</li> <li>• Fava bean flour</li> <li>• Flax</li> <li>• Legumes</li> <li>• Millet*</li> </ul> <p>*Recommend caution and thorough investigation of product's manufacturer's history before including in your diet.</p>	<ul style="list-style-type: none"> <li>• All flours &amp; starches derived from wheat, rye, oats or barley</li> <li>• Bulgar</li> <li>• Graham flour</li> <li>• Kamut</li> <li>• Semolina</li> <li>• Millet</li> <li>• Spelt</li> <li>• Triticale</li> <li>• Millet – is gluten free but frequently contaminated during processing</li> </ul>

## Miscellaneous

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> <li>• Baking chocolate</li> <li>• Gum acacia, cellulose gum, guar gum, xanthin gum, gum arabic</li> <li>• Carob</li> <li>• Locust bean</li> <li>• Salt, pepper and herbs</li> <li>• Gluten - free flavorings and extracts</li> <li>• Coconut</li> <li>• Olives and pickles</li> <li>• Food coloring</li> <li>• Cloves, ginger, nutmeg, cinnamon</li> <li>• Chili powder</li> <li>• Dry mustard</li> <li>• Cream of tartar, baking powder and baking soda</li> <li>• Yeast</li> <li>• Homemade catsup</li> <li>• Aspartame</li> <li>• Apple cider, wine and rice vinegars</li> <li>• Ethel vanillin</li> <li>• Dried orange and lemon peel</li> <li>• Gluten-free soy sauce</li> <li>• Gluten-free curry powder</li> <li>• Pure spices</li> <li>• MSG (if made in U.S.A.)</li> <li>• Dextrin, maltodextrin, mono and di-glycerides (may be gluten-free if not made from wheat)</li> <li>• Distilled vinegars (such as balsamic, cider, grape, wine, spirit, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Imitation bacon bits</li> <li>• Commercial meat sauces or condiments</li> <li>• Hydrolyzed vegetable protein (HVP) which contains wheat</li> <li>• Any food or seasoning which does not list the ingredients</li> <li>• Modified food starch if made from wheat (check with manufacturer)</li> <li>• Caramel color made from gluten containing malt syrup or starch hydrolysates</li> <li>• Horseradish</li> <li>• Some prepared mustard</li> <li>• Most soy sauces</li> <li>• Flavorings and extracts made with grain alcohol (from wheat, rye, barley or oats)</li> <li>• Some curry powder</li> <li>• Some mixed spices</li> <li>• Brown rice syrup (usually made with barley malt extract)</li> <li>• Oat gum</li> <li>• Barley malt</li> <li>• Lipstick, lip gloss, toothpaste and mouthwash with gluten products</li> <li>• Prescriptions (and over-the-counter drugs) which contain gluten as filler for tablets or capsules</li> <li>• Malt vinegars and any product with malt flavoring</li> </ul>

Please remember that this list is only a guideline. **Always** read ingredient lists on labels of products which might contain any form of gluten. If you are ever unsure about a product, contact the manufacturer.

## Other Considerations

Think about purchasing separate kitchen items and foods which may become easily contaminated with gluten. These include toasters, jams and peanut butter. It is best to have “gluten-free” versions of these.

## Additional Information

- Listed below are organizations that can provide more information on celiac disease or help you find a local support group.

- ▶ **Canadian Celiac Association**

5170 Dixie Road, Suite 204, Mississauga, Ontario, Canada L4W1E3

Phone number: (905) 507-6208

Fax number: (905) 507-4673

[www.celiac.ca](http://www.celiac.ca)

- ▶ **Celiac Disease Foundation**

Phone number: (818) 990-2354

[www.celiac.org](http://www.celiac.org); [www.celiac.com](http://www.celiac.com)

- ▶ **Celiac Sprue Association/United States of America (CSA/USA)**

PO Box 31700, Omaha, NE 68131-0700

Phone number: Toll free: 877-272-4272

[www.csaceliacs.org](http://www.csaceliacs.org)

E-mail: [celiacs@csaceliacs.org](mailto:celiacs@csaceliacs.org)

- ▶ **Gluten containing medicine list**

[www.glutenfreedugs.com](http://www.glutenfreedugs.com)

- ▶ **Gluten Free Gang, support group for central Ohio**

[www.glutenfreegang.org](http://www.glutenfreegang.org)

- ▶ **Gluten Intolerance Group of North America (GIG)**

15110 10th Ave. SW, Suite A, Seattle, WA 98166

Phone number: (206) 246-6652

FAX: (206)246-6531

[www.gluten.net](http://www.gluten.net)

- ▶ **The Gluten Free Dietitian**

[www.glutenfreedietitian.com](http://www.glutenfreedietitian.com)

- Listed below are newsletters and magazines that can provide more information on celiac disease (in addition to newsletters at above web sites).
  - ▶ *Gluten- Free Living* by Ann Whelan, [www.glutenfreeliving.com](http://www.glutenfreeliving.com)
  - ▶ *Living Without*, [www.livingwithout.com](http://www.livingwithout.com)
  
- Listed below are gluten free shopping guides.
  - ▶ *The Essential Gluten-Free Grocery Guide*, [www.triumphdining.com](http://www.triumphdining.com)
  - ▶ *The Complete Idiot's Guide to Gluten-Free Eating* by Eve Adamson and Tricia Thompson, [www.amazon.com](http://www.amazon.com)
  - ▶ *The New Ultimate Guide to Gluten-Free Living*, [www.celiacdisease.org](http://www.celiacdisease.org)
  - ▶ *The Gluten-Free Vegetarian Guide to Healthy Living* by Tricia Thompson, RD
  - ▶ *Pocket Dictionary; Acceptability of Foods and Food Ingredients for the Gluten-Free Diet*, published by the Canadian Celiac Association, [www.celiac.ca](http://www.celiac.ca)
  - ▶ *The Essential Gluten Free Restaurant Guide*, [www.triumphdining.com](http://www.triumphdining.com)
  - ▶ *Let's Eat Out! Your Passport to Living Gluten and Allergy Free*, by Kim Koeller and Robert LaFrance, [www.glutenfreepassport.com](http://www.glutenfreepassport.com)
  
- Listed below are general cookbooks for gluten free cooking.
  - ▶ *Delicious Breads: Wheat Free and Gluten Free*, by Lynn Reis, [www.whatnowheat.com](http://www.whatnowheat.com)
  - ▶ *Gluten Free Cooking for Dummies*, by Danna Korn & Connie Sarros, [www.amazon.com](http://www.amazon.com)
  - ▶ *Gluten-Free Quick & Easy*, by Carol Fenster, Penguin Group, Inc. New York, NY, 2007.
  - ▶ *Living Gluten-Free for Dummies*, by Danna Korn. Wiley Publishing, Inc. Hoboken, NJ, 2006.
  - ▶ *The Gluten Free Vegan: 150 Gluten- Free, Animal- Free Recipes*, by Susan O'Brien, [www.amazon.com](http://www.amazon.com)
  - ▶ *The Gluten-Free Gourmet*, by Bette Hagman. Henry Holt & Co., Inc. New York, NY, 2000.
  - ▶ *Wheat- Free, Gluten- Free: 200 Delicious Dishes to Make Eating A Pleasure*, by Michelle Berriedale- Johnson, [www.amazon.com](http://www.amazon.com)