

GLUTEN-FREE DIET

INDICATIONS FOR USE: For patients diagnosed with Celiac disease.

CATEGORY	FOODS ALLOWED	FOODS TO AVOID	TIPS
Breads, cereals, rice and pasta	<p>Bread made from corn, rice, soy, arrowroot corn, or potato starch; pea, potato, or whole-bean flour; or tapioca, sago, rice bran, cornmeal, buckwheat, millet, flax, teff, sorghum, amaranth, quinoa</p> <p>Hot cereals made from soy, hominy, hominy grits, brown rice, white rice, buckwheat groats, millet, cornmeal, quinoa flakes</p> <p>Puffed corn, rice, or millet, other rice and corn made with allowed ingredients</p> <p>Rice, rice noodles, pastas made from allowed ingredients</p> <p>Some rice crackers and cakes, popped corn cakes made from allowed ingredients</p>	<p>Breads or baked products containing wheat, rye, triticale, barley, oats, wheat germ, bran; graham, gluten, or durum flour; wheat starch, oat bran, bulgur, farina, wheat-based semolina, spelt, kamut</p> <p>Cereals made from wheat, rye, triticale, barley, and oats; or made with malt extract, malt flavorings</p> <p>Pastas made from ingredients above</p> <p>Most crackers</p>	Use corn, rice, soy, arrowroot, tapioca, and potato flours or a mixture of them instead of wheat flours in recipes
Vegetables	All plain, fresh, frozen, or canned vegetables made with allowed ingredients	<p>Any creamed or breaded vegetables (unless allowed ingredients are used); and canned baked beans</p> <p>Some French fries</p>	Buy plain, frozen, or canned vegetables seasoned with herbs, spices, or sauces made with allowed ingredients
Fruits	All fruits and fruit juices	Some commercial fruit pie fillings, dried fruit	
Milk, yogurt, and cheese	<p>All milk and milk products except those made with gluten additives</p> <p>Aged cheese</p>	Malted milk; some milk drinks, flavored or frozen yogurt	Contact the food manufacturer for product information if the ingredients are not listed on the label
Meats, poultry, fish, dry beans and peas, eggs, and nuts	<p>All meat and poultry, fish, shellfish, eggs</p> <p>Dry peas and beans, nuts, peanut butter, soybeans</p> <p>Cold cuts, frankfurters, sausage without fillers</p>	<p>Any prepared with wheat, rye, oats, barley, gluten stabilizers, fillers including some frankfurters, cold cuts, sandwich spreads, sausages, canned meats</p> <p>Self-basting turkey</p> <p>Some egg substitutes</p>	When dining out, select meat, poultry, or fish made without breading, gravies, or sauces
Fats, snacks, sweets, condiments and beverages	<p>Butter, margarine, salad dressings, sauces, soups, desserts made with allowed ingredients</p> <p>Sugar, honey, jelly, jam, hard candy, plain chocolate, coconut, molasses, marshmallows, meringues</p> <p>Pure instant or ground coffee, tea, carbonated drinks, wine (made in US), rum, alcohol distilled from cereals such as gin, vodka, whiskey</p> <p>Most seasonings and flavorings</p>	<p>Commercial salad dressings, prepared soups, condiments, sauces, seasonings prepared with ingredients listed above</p> <p>Hot cocoa mixes, nondairy cream substitutes, flavored instant coffee, herbal tea</p> <p>Beer, ale, malted beverages</p> <p>Licorice</p>	<p>Store all gluten-free products in your refrigerator or freezer because they do not contain preservatives</p> <p>Avoid sauces, gravies, canned fish, products with hydrolyzed vegetable protein or hydrolyzed plant protein (HVP/HPP) made from wheat protein, and anything with questionable ingredients</p>

HELPFUL HINTS

- (1) Every label must be read carefully before using any type of prepared mix or commercial product in order to see if the product contains ingredients to be avoided on your gluten-free diet. Wheat products are widely used to modify foods. Avoid products that list such ingredients as wheat, rye, oats, barley, flour, starch and/or malt. Possible sources of gluten in processed foods include stabilizers, emulsifiers, cereal additives and vegetable protein. If there is any doubt, the product should be avoided until absence of gluten is verified by the manufacturer.
- (2) Experiment with gluten-free products. Look for gluten-free products at the supermarket, health food store or directly from the manufacturer.
- (3) Gluten is also used in some medications. One should check with the pharmacist to learn whether medications used contain gluten.

FOR MORE INFORMATION

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
1-800-366-1655 or 1-800-877-1600
email: hotline@eatright.org
internet: www.eatright.org

Celiac Disease Foundation
13251 Ventura Blvd., #1
StudioCity, CA 91604
818-990-2354
email: cdf@celiac.org
internet: www.celiac.org

Celiac Sprue Association/USA Inc.
PO Box 31700
Omaha, NE 68131-0700
1-877-272-4272 or 402-558-0600
email: celiacs@csaceliacs.org
internet: www.csaceliacs.org

Gluten Intolerance Group of North America
15110 10th Avenue, SW, Suite A
Seattle, WA 98166
206-246-6652
email: info@gluten.net
internet: www.gluten.net

Gluten-Free Living (a bimonthly newsletter)
PO Box 105
Hastings-on-Hudson, NY 10706
914-969-2018
email: gfliving@aol.com

National Foundation for Celiac Awareness
124 South Maple Street
Ambler, PA 19002
215-325-1306
email: info@celiacawareness.org
internet: www.celiacawareness.org

GLUTEN-FREE DIET SAMPLE MENU

Breakfast

½ cup orange juice
½ cup Cream of Rice
8 oz. milk (whole or low-fat)
1 poached egg or egg substitute
2 slices broiled bacon or bacon substitute
1 slice gluten-free bread
1 tsp. butter or margarine
1 Tbsp jelly
1 cup coffee
1 oz. cream or non-dairy creamer
4 tsp. sugar

Lunch

6 oz. vegetable soup
2 oz. beef patty
2 slices gluten-free bread
sliced tomato and lettuce
French dressing
ketchup/mustard
3 apricot halves
2 rice wafers
8 oz. milk (whole or low-fat)

Dinner

½ cup tomato juice
3 oz. broiled chicken
½ cup mashed potatoes
½ cup peas
½ cup fruited Jello salad
½ cup orange sherbet
1 slice gluten-free bread
1 tsp. butter or margarine
1 cup coffee
1 oz. cream or non-dairy creamer
2 tsp. sugar