

Gluten-Free Diet

Do I need to follow a gluten-free diet?

If you have been diagnosed with celiac disease (other names are gluten-sensitive enteropathy and celiac sprue), or non-celiac gluten sensitivity, then you should benefit from the following information. The only treatment for the above diseases is lifelong adherence to a gluten-free diet. The gluten-free diet will help you control the disease and may relieve your symptoms within 3-6 days after adoption of the diet.

Classic Symptoms include:

- Diarrhea or constipation
- Abdominal pain and bloating
- Nausea or vomiting
- Weight loss, failure to grow (in children) or nutrient malabsorption
- Vitamins & Minerals deficiencies
- Skin manifestations, such as rash or eruptions (primarily on pressure points of the skin that may evolve into blisters)
 - However, not all individuals have these symptoms!

What is gluten?

Where is it found?

Gluten are storage proteins that are found in many different grains, such as wheat, barley, rye and their derivatives. Although oats are gluten-free, they are often contaminated due to being manufactured in facilities which process wheat, barley or rye.

Wheat also known as:

- Breuer's wheat
- Einkorn
- Malt
- Spelt
- Triticale

Treatment

- The only treatment is to stop eating gluten completely.
- Following the gluten-free diet will allow your intestine to heal because it eliminates the foods that cause the damage.
- The gluten-free diet eliminates wheat, barley, rye, oats (unless gluten-free) and any foods made with or from these ingredients.
- It is important to always follow this diet in order to achieve optimal health.
- Read every food label before purchasing a food item.

Be mindful of cross-contamination

- Common surfaces and utensils not properly cleaned after being used with gluten-containing products.
- "May-contain gluten" means possible cross-contamination with wheat, barley or rye during manufacturing process.

Be Aware of Hidden Sources of Gluten, such as:

- Broth
- Certain additives or preservatives
- Communion wafers
- Dextrin
- Imitation meat and seafood
- Malt syrup
- Luncheon or processed meats (brats, hot dogs, spam, etc.)
- Marinades
- Modified food starch
- Roux/Sauces/Soup bases
- Soda/Pop (some contain gluten)
- Soy sauce (unless gluten-free)
- Starch (unless identified)
- Thickeners
- Toothpaste
- Vegetable gum

Don't forget your vitamins!



Damage to the intestinal mucosa may cause various degrees of malabsorption that leads to deficiencies of key vitamins and minerals, including calcium, iron, vitamin D, thiamin, riboflavin, niacin and folate.

Adherence to the gluten-free dietary pattern may result in a diet that is high in fat and low in carbohydrates and fiber, as well as vitamins and minerals.

- Be mindful of your food choices!
- Daily consumption of a gluten-free, multivitamin-mineral supplement might be recommended for people who have deficiencies or malabsorptions.

Allowed Grains & Flours:

- Amaranth
- Arrowroot
- Buckwheat
- Cassava
- Corn or cornmeal
- Flax
- Gluten-free flours
 - rice, soy, corn, potato, bean
- Hominy
- Millet
- Quinoa
- Rice (white, brown, wild)
- Sorghum
- Soy
- Tapioca
- Teff



Grains & Flours to Avoid:

- Wheat
 - Breuer's wheat, Einkorn, Malt, Spelt, Triticale
- Barley
- Bulgur
- Couscous
- Rye
- Durum flour
- Graham flour
- Kamut
- Semolina
- Contaminated oats

Naturally Gluten-Free options:

- Fresh eggs
- Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fresh and plain fruits and vegetables
- Fruit juices
- Frozen, canned or dried fruits and vegetables (no fillers added or dusted with flour)
- Most dairy products
- Potatoes & sweet potatoes
- Unprocessed beans, seeds and nuts

Over-the-counter medicines

- Many medications may contain gluten. You should always ask a pharmacist to verify that all of your medications are gluten free diet.
- You may also check the following website at: www.glutenfreedrugs.com

Allowed snacks:

- Corn tortillas
- Plain cornmeal chips
- Plain popcorn
- Plain corn tortillas
- Potato chips (unseasoned)
- Rice wafers/cakes



Snacks to avoid:

- Chips with gluten-containing seasonings
- Crackers with gluten-containing ingredients
- Pretzels

Allowed Cheese, Milk & Yogurt:

- Buttermilk
- Cheese (caution on processed cheese)
- Cream
- Half and Half
- Lactose-reduced milk
- Yogurt
- Plain unflavored milk



Cheese, Milk & Yogurt to Avoid:

- Cheese products or foods with gluten containing ingredients
- Cheese spread with gluten containing ingredients
- Cottage cheese with gluten containing ingredients
- Flavored milk with gluten containing ingredients
- Milk mixes and additives
- Yogurts that have toppings or other additives with gluten containing ingredients

Allowed Breads & Cereals:

- Corn or rice cereals
- Gluten free breads, crackers, cakes & cookies
- Gluten-free oats



Allowed Potatoes & Starches:

- Corn pasta/spaghetti
- Corn tortillas
- Hominy
- Parsnips
- Plain French fries
- Plain potatoes
- Sweet potatoes
- Turnips, Yams & Yucca

Breads & Cereals to Avoid:

- Breads, crackers, cakes, cookies made with:
 - wheat (brewer's wheat, einkorn, malt, spelt, triticale), barley, bulgur, couscous, rye, durum flour, graham flour, kamut, semolina, oats, and flour tortillas

** remember, wheat-free does not mean gluten-free!*

Potatoes, Rice & Starches to Avoid:

- Commercial potato or rice products with seasoning packets or gluten containing ingredients
- Noodles, spaghetti & pasta
- Wheat starch



Allowed Meat, Eggs & Meat Substitutes:

- Fresh eggs
- Fresh unprocessed meat, fish, poultry, lamb, goat, bison, veal, etc.
- Bacon, ham, cold cuts, frankfurters, or sausage without fillers or gluten containing ingredients

Meat, Eggs & Meat Substitutes to Avoid:

- Breaded meat, fish or poultry seafood cakes, croquettes, patties, and loaves made with gluten containing ingredients
- Eggs processed with gluten containing ingredients
- Imitation crab
- Individually frozen fish may be dusted with flour
- Processed meat and cold cuts with gluten containing ingredients
- Self-basted or marinated meat
- Tuna (canned) with gluten containing ingredients



Allowed Vegetables:

- Canned vegetables
- Fresh vegetables
- Frozen vegetables

Allowed Fruits & Fruit Juices:

- Canned fruits
- Fresh fruits
- Frozen fruits
- Fruit Juices
- Plain dried fruits

Fruits & Fruit Juices to Avoid:

- Canned or dried fruit with gluten containing ingredients
Pie fillings with gluten containing ingredients



Vegetables to Avoid:

- Breaded vegetables
- Vegetables in a gluten-containing sauce or gravy

Allowed fats:

- All vegetable cooking oils
- Butter
- Cream
- Cream cheese
- Margarine
- Mayonnaise



Fats to avoid:

- Cream sauce with gluten containing ingredients
- Nondairy cream substitutes with gluten containing ingredients
- Some salad dressings and sandwich spreads with gluten containing ingredients



Allowed Seasoning & Flavoring:

- All plain herbs and spices
- Brown and white sugar
- Pepper
- Salt

Seasoning & Flavoring to Avoid:

- Seasoning mixes with gluten containing ingredients

Allowed Condiments:

- Corn syrup
- Gluten-free soy sauce
- Ketchup
- Mayonnaise
- Most salad dressings
- Mustard
- Pure maple syrup
- Salsa
- Vinegar: apple, distilled, balsamic, rice, and wine

Allowed Soups:

- Gluten-free bouillon
- Homemade soups with gluten-free ingredients



** read labels very carefully for gluten or gluten-containing ingredients!*

Soups to Avoid:

- Bouillon with gluten containing ingredients
- Creamed soups
- Soups containing noodles, textured vegetable protein (TVP), or other gluten containing ingredient

Condiments to Avoid:

- Barbeque sauce
- Chili sauce
- Coating mixes
- Commercial sauces
- Horseradish
- Kikkoman® soy sauce
- Malt vinegar
- Marinades
- Soup bases
- Thickening agents made with gluten
- Worcestershire sauce



Allowed Soy Products:

- Edamame
- Plain tempeh
- Soy milk
- Tofu

Allowed Nuts, Nut Butters, Seeds, Beans & Legumes:

- Almond butter
- Black beans
- Cashew butter
- Coconut
- Garbanzo beans
- Kidney beans
- Lentils
- Lima beans
- Pinto beans
- Plain frozen, fresh, dried, or canned beans (no sauces)
- Plain nuts
- Plain or natural peanut butter
- Poppy seeds
- Sesame seeds
- Sunflower seeds

Do not choose:

- Dry roasted nuts or nut butters with gluten containing ingredients
- Canned beans with gluten containing ingredients

** particularly, look at labels to identify additives containing gluten!*

Soy Products to Avoid:

- Seasoned tempeh and tofu with gluten containing ingredients

** imitation meats may also contain gluten!*



Tips for Substituting Wheat Flour in Recipes

For baking: 1 cup of wheat flour replaced by:

- 1 cup gluten-free flour blend
- 1 cup finely milled corn flour
- 1 scant cup fine cornmeal
- ¾ cup coarse cornmeal
- 5/8 cup (10 Tablespoons) potato starch flour
- 7/8 cup (15 Tablespoons) rice flour (white or brown)
- 1 cup soy flour plus ¼ cup potato starch flour
- ½ cup soy flour plus ½ cup potato starch flour

For thickening, 1 tablespoon of wheat flour may be replaced by:

- 1½ teaspoons of cornstarch, potato starch, rice flour, arrowroot, starch, or gelatin
- 2 teaspoons of quick-cooking tapioca
- 1 tablespoon of rice flour (white or

Allowed Desserts:

- Gluten-free cakes and cookies
- Popsicles
- Puddings without gluten containing ingredients
- Ice creams without gluten containing ingredients
- Sorbet



Desserts to Avoid:

- Cakes
- Cookies
- Ice cream cones
- Ice cream with cookies or crispies
- Pastries (donuts) made from gluten-containing flours
- Pie crust
- Pie fillings

Allowed Candies & Sweets:

- Gluten free chocolate and candy
- Equal®
- Splenda®
- Sweet-N-Low®
- Gum drops
- Honey
- Marshmallows
- Molasses
- Most jellies and jams
- Non-buttered syrup
- Plain hard candy
- Sugar

Candies & Sweets to Avoid:

- Chewing gum with gluten containing ingredients
- Chocolate covered nuts with gluten containing ingredients
- Licorice

Allowed Baking Ingredients:

- Baking powder
- Baking soda
- Butterscotch baking chips
- Cream of tartar
- Yeast

Allowed Alcohol:

- Hard liquor
- Gluten-free beer
- Wine

Do not choose:

- Grains sweetened with carob or vegan chocolate chips

Beverages to Avoid:

- Cappuccino mixes
- Flavored herbal teas with gluten containing ingredients
- Flavored instant coffee and chocolate mixes with gluten containing ingredients

Alcohol to Avoid:

- Ale
- Beer
- Drink mixers
- Lager
- Porter
- Stout
- ... and any fermented beverage

Allowed Beverages:

- All sports drinks
- Gatorade®
- Plain coffee
- Pure cocoa powder
- Sodas
- Tea

** check the label...
Gluten-containing additives
may be added after the
alcohol has been distilled*

If you have any questions or concerns, please call your
Registered Dietitian
at

CentraCare: 320-251-2700, Ext. _____

Or Carris Health: _____

