



THE GLUTEN-FREE DIET

A Basic Overview of Food

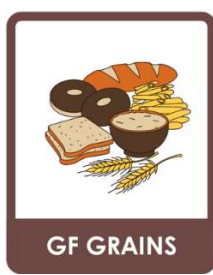
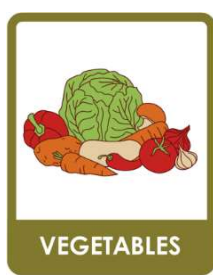
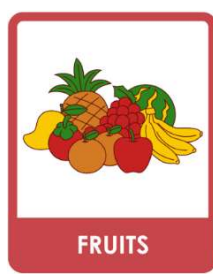
Gluten is a protein found in all forms of wheat, barley and rye. It is most commonly found in food, but it also hides in medicine, vitamins, and make-up. The first thing anyone should do when starting a gluten-free diet is schedule a meeting with a skilled dietitian or qualified gluten-free diet educator. A well-trained professional can help teach the basics of a gluten-free diet and help find ways to adapt to the new lifestyle.

When at home or at the grocery store, a quick guide to ingredients can be a helpful tool for quickly determining if a packaged product is safe.

SAFE INGREDIENTS

Eliminating wheat, barley, and rye from a diet may seem like a daunting task, but it's important to remember that there are still hundreds of grains and other foods that can be eaten. Staples like fresh fruits and vegetables, meats, poultry, seafood, and most types of dairy are all gluten-free in their natural forms. Examples include the following:

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|------------------|---|----------------|---|------------------|
| Acorn Flour | • | Corn Meal | • | Potato Flour |
| Almond Flour | • | Cornstarch | • | Potato Starch |
| Amaranth | • | Cottonseed | • | Quinoa |
| Arborio Rice | • | Dal | • | Red Rice |
| Arrowroot | • | Dasheen Flour | • | Rice Bran |
| Baker's Yeast | • | Enriched Rice | • | Rice Flour |
| Basmati Rice | • | Fava Bean | • | Risotto |
| Bean Flours | • | Flax | • | Sago |
| Brown Rice | • | Flax Seeds | • | Sesame |
| Brown Rice Flour | • | Garbanzo | • | Soy |
| Buckwheat | • | Glutinous Rice | • | Soybeans |
| Calrose | • | Guar Gum | • | Sunflower Seeds |
| Canola | • | Hominy | • | Sweet Rice Flour |
| Cassava | • | Instant Rice | • | Tapioca |
| Channa | • | Kasha | • | Tapioca Flour |
| Chestnut | • | Lentils | • | Taro Flour |
| Chickpea Flour | • | Millet | • | Teff |
| Coconut Flour | • | Modified Corn | • | Tofu |
| Corn | • | Starch | • | Whey |
| Corn Flour | • | Modified Food | • | White Rice Flour |
| Corn Gluten | • | Starch | • | Xanthan Gum |
| | • | Montina | • | Yeast |
| | • | Peanut Flour | • | Yucca |



If you have any questions, please contact us at:
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SAFE FOOD ADDITIVES

When purchasing packaged foods, there will likely be many ingredients listed that sound unfamiliar or strange. Below is a list of food additives that are safe for a gluten-free diet:

Acacia Gum	Calcium	Fumaric Acid	Mannitol	Sodium Sulphite
Adipic Acid	Disodium	Gelatin	Methylcellulose	Sorbitol
Algin	Caramel	Glucose	Monosodium	Spices (pure)
Agar	Coloring	Guar Gum	Glutamate	Stearic Acid
Annatto	Carob Bean	Gum Arabic	Niacin	Sucralose
Artificial Flavors	Gum	Invert Sugar	Papain	Sucrose
Ascorbic Acid	Cellulose	Karaya Gum	Pectin	Sugar
Aspartame	Citric Acid	Lactic Acid	Polysorbate	Tartaric Acid
Baking Yeast	Corn Syrup	Lactose	Psyllium	Tartrazine
Benzoic Acid	Cream of Tartar	Lecithin	Riboflavin	Titanium Dioxide
Beta Carotene	Dextrose	Locust Bean	Sodium	Vanilla Bean
BHA	Distilled Vinegar	Gum	Benzoate	Vanilla Extract
BHT	Ethyl Maltol	Malic Acid	Sodium	Xylitol
Brown Sugar	Folic Acid	Maltodextrin	Metabisulfite	Yam
Carrageenan	Fructose	Maltol	Sodium Nitrate	

UNSAFE INGREDIENTS

Below is a list of basic ingredients that contain gluten. **It's important to note that this is not a complete list of gluten-containing foods.** If you are ever unsure about the safety of a product, call the manufacturer directly.

Atta	Couscous	Graham	Mir	Tabbouleh
Barley	Dinkel	Hydrolyzed	Modified Wheat	Triticale
Barley Extract	Durum	Wheat Protein	Starch	Vital Wheat
Barley Grass	Einkorn	Kamut	Rice Malt	Gluten
Barley Malt	Emmer	Malt	Rye	Wheat
Barley Pearls	Farina	Malt Extract	Rye Flavoring	Wheatberries
Bran	Farro	Malt Flavoring	Seitan	Wheat Starch*
Bleached Flour	Fu	Malt Syrup	Spelt	
Bulgur	Hordeum	Malt Vinegar	Semolina	
Croutons	Vulgare	Matzo	Sprouted Wheat	

*Some products use gluten-free wheat starch. This is wheat starch that has been processed to contain less than 20 parts per million (ppm) gluten. It is safe for people with celiac disease, but not for people with a wheat allergy. You may therefore see products that have a "contains wheat" statement but also a "gluten-free" label. You can still purchase the product knowing that it's safe for people with celiac disease.

QUESTIONABLE INGREDIENTS

- **Beer** (all forms are unsafe except those labeled gluten-free)
- **Beef/Chicken/Fish/Vegetable Stock** (may contain wheat)
- **Bouillon** (may contain wheat)
- **Brewer's Yeast** (depends on whether it's a by-product of the brewing process [unsafe] or made from sugar beets [safe])
- **Dextrin** (could be made from wheat, corn, potato, arrowroot, rice or tapioca)
- **Fillers** (could be wheat, corn, potato or other starch)
- **Malted Grains** (any grain can be malted. For example, gluten-free beer manufacturers use malted sorghum as an ingredient. This is considered safe. A malted grain would be unsafe if the malted ingredient is wheat, rye or barley)
- **Marinades** (may contain wheat)
- **Miso** (may contain barley)
- **Mustard Powder** (may contain wheat)
- **Oats** (may be cross-contaminated due to storage and transportation methods)
- **Yeast extract** (depends on whether it's a by-product of the brewing process [unsafe] or made from sugar beets [safe])
- **Natural flavors** (most natural flavors are gluten-free, but there are some that may be made using gluten-containing grains)
- **Communion wafers** (usually contain wheat)
- **Smoke flavoring** (may use barley flour in the production process)
- **Dried fruit/roasted nuts** (may use wheat in flavoring)
- **French fries** (may be prepared in shared fryer with wheat products)
- **Gravy/sauces** (may use wheat as a thickener)
- **Instant drink mixes** (may contain wheat in flavoring or as bulk)
- **Imitation meat/seafood** (could be made from wheat gluten or soy)
- **Candy** (could contain wheat [wafers] or malt. Pay special attention to licorice.)
- **Processed meats** (may use wheat as a binder)
- **Salad dressings** (may contain soy sauce or wheat)
- **Self-basting turkeys** (may contain wheat in broth or bouillon)
- **Breakfast cereal** (even cereals that are rice- or oat-based may still contain wheat or malt)
- **Rice syrup** (could be made using barley)
- **Soy sauce/Teriyaki sauce** (fermented using wheat)
- **Spices** (spice mixes and bulk spices may contain wheat as a bulking agent)
- **Yellow mustard** (may contain wheat)
- **Yogurt, flavored** (may contain dextrin or barley extract)
- **Cooking spray** (some brands use flour to help with non-stick properties)

If a product contains one of the above ingredients but is labeled "gluten-free," it is safe for someone with celiac disease. Any packaged food product with a gluten-free label in the United States is safe for consumption for a person with celiac disease.