

# GLUTEN FREE DIET

## What is Gluten?

Gluten is a protein found in wheat, rye, and barley that causes intestinal damage (often resulting in weight loss and nutrient deficiencies) for individuals with gluten intolerance. Common symptoms of gluten intolerance include: diarrhea, abdominal pain, bloating, fatigue, forgetfulness, and irritability.

## Why should I follow a gluten free diet?

The gluten free diet is used in the treatment of celiac sprue and dermatitis herpetiformis. Although a gluten free diet does not cure celiac sprue and dermatitis herpetiformis, following the diet will relieve the symptoms associated with gluten sensitivity.

## How Will I know What Foods Contain Gluten?

- To find out what foods contain gluten it is important to read the food labels. Products change regularly so check the label carefully before each purchase. If unsure if a product contains gluten contact the manufacturer.
- Oats do not naturally contain gluten, but they are often contaminated with wheat or other grains and may need to be avoided.
- **Avoid products with any of the following ingredients on the label:**
  - **Wheat:** includes items made or processed with flour; various part of the wheat kernel (including the germ, bran, and endosperm [starch]).
  - **Barley:** includes all parts of the barley grain and items produced from barley (such as malt flavoring, brown rice syrup, brewer's yeast, and beer).
  - **Rye:** includes all parts of the rye grain, usually found in our food supply as rye flour and rye bread. Unlike wheat and barley, rye is typically not used as a food additive.
  - **Oats:** includes all products containing oats (including oat flour, oat bran, and oat gum).
- **Foods manufactured with wheat should be listed in an allergy statement below the ingredients on the label or in parenthesis following the name of the ingredient. If you suspect that the label is not correct call the manufacturer to verify that the item does not contain wheat. When in doubt, DO NOT EAT IT. Barley, rye and oats are not covered by this law.**

FOODS ALLOWED	FOODS TO AVOID
<p><b>Grains &amp; Starches:</b>  Tapioca; soybean; potato; arrowroot flours  Buckwheat; quinoa, amaranth; millet, teff, sorgum; flax  Rice; puffed rice; cream-of-rice; wild rice  Corn; unflavored popcorn; cornmeal, hominy, grits, corn starch  Pure, gluten-free oats may be allowed; talk to a health professional  Ready-to-eat cereal made from allowed grains; gluten-free pasta and bread products</p>	<p><b>Grains &amp; Starches:</b>  Flour (wheat, whole wheat, white, bromated, enriched, phosphate, self-rising, graham, durum); semolina; wheat germ; bran; bulgur (tabbouleh); kamut; wheat berries; couscous; spelt; faro; emmer; einkorn; atta; dinka  Rye; rye flour; rye bread  Barley; pearl barley, barley groats; barley flakes  Oats; oat groats; oat fiber; oat bran, oat flour  Many cereal; pasta; macaroni; noodles; spaghetti; farina  cream of wheat; dumplings; bread; bakery bread; rolls, stuffing; cake; crackers; muffins; pastries; biscuits; melba toast; zwieback, rusk; matzo; waffles; pancakes; donuts; prepared mixes; pretzels</p>
<p><b>Beverages:</b>  Fresh brewed coffee (no grains added); teas without prohibited grains  Milk, chocolate milk prepared with cocoa  100% fruit juices, soda (check labels)  Wine; distilled alcohols and cordials (check labels for preservatives and dyes); gluten-free beers</p>	<p><b>Beverages:</b>  Instant coffee; instant teas, some herbal teas; instant cocoa with grains added  Malted milk; Ovaltine, chocolate or flavored milk with cereal fillers added; rice or soy beverages using barley enzymes  Beverages with flavoring syrups of unknown content, some root beers  Beer; ales; lagers; malted wine coolers</p>

FOODS ALLOWED	FOODS TO AVOID
<p><b><u>Soups and Casseroles</u></b>  Clear, home-made broth, gluten-free bouillon cubes, soups made with rice or gluten-free pasta and gluten-free stock; creamed soups and chowders thickened with cream, cornstarch, potato flour or other allowed special flours  Homemade or prepared gluten-free macaroni without sauces thickened with flour; gratins made with only cream (no flour or prohibited thickeners)</p>	<p><b><u>Soups and Casseroles</u></b>  Bouillon-based broths; creamed soups or chowders thickened with flour; most gumbos; prepared soups with prohibited grains or thickeners  Macaroni and cheese, gratins, and casseroles in a white sauce thickened with flour; dishes served with gravy, béchamel, veloute or espagnole sauces.</p>
<p><b><u>Fats</u></b>  Butter; oils (check label for wheat germ oil or any unidentified oil sources); lard; most vegetable shortenings and margarines (check labels); foods fried in uncontaminated oils that have not been breaded with prohibited flours  Pure mayonnaise (and other salad dressings that are thickened with egg, cornstarch or allowed special flours); homemade salad dressings made with distilled vinegar  Cream; bacon; nuts; olives; peanut butter; avocado, sour cream and cream cheese (check labels)</p>	<p><b><u>Fats</u></b>  Wheat germ oil; margarines and spreads made with prohibited stabilizers; Olestra; most fried and breaded foods.  Low calorie mayonnaise made with prohibited cereal thickeners; commercial salad dressings that contain wheat flour; dressings made with malt vinegar; gravies; béchamel, beloute, espagnole sauces or other sauces thickened with flour (using a roux or beurre manie); low fat sour creams, low fat cream cheese and any other low fat products made with prohibited ingredients</p>
<p><b><u>Seasonings &amp; Sweets</u></b>  Pure spices and herbs; salt; monosodium glutamate (MSG)  Sugar, molasses; honey, jelly; jam; corn syrup; maple syrup; imitation or pure vanilla extract.  Pure cocoa; pure chocolate; coconut; marshmallows and candies made from allowed grains.  Ketchup; mustard; pickles; relish; horseradish; steak sauce not prepared with prohibited ingredients; gluten-free soy sauce.  Distilled rice, wine, or cider vinegar.</p>	<p><b><u>Seasonings &amp; Sweets</u></b>  Marinades, seasoning mixes and dips, some ground spices and curry powders containing prohibited ingredients; bouillon cubes; malt flavoring; brewer's yeast.  Malt syrup; brown rice syrup; malt extract.  Candy and other confections which contain prohibited ingredients or are of unknown content.  Soy sauce; teriyaki sauce; prepared sauces and condiments containing prohibited ingredients.  Malt vinegar; vinegars processed with prohibited ingredients.</p>
<p><b><u>Dairy</u></b>  Whole, low-fat, skim, fresh, dried or evaporated milk; flavored milks (check labels)  Plain and flavored yogurt and kefir (check label)  All aged hard cheese (cheddar, parmesan, Swiss, etc.); cottage cheese (check label)</p>	<p><b><u>Dairy</u></b>  Flavored milks made with prohibited ingredients; malted milk products.  Cheese food and cheese spread made with prohibited ingredients; Roquefort cheese made with bread mold.</p>
<p><b><u>Fruits &amp; Vegetables</u></b>  Fresh, frozen, dried or canned (check labels)</p>	<p><b><u>Fruits &amp; Vegetables</u></b>  Fruits and pie filling containing thickeners; canned products with preservatives, emulsifiers or food starch made from prohibited grains</p>
<p><b><u>Meats and Meat Substitutes</u></b>  Fresh meat; poultry; fish and shellfish; eggs.  Soy beans; tofu; beans; nuts (check labels).</p>	<p><b><u>Meats and Meat Substitutes</u></b>  Most lunch meats, sausages and hot dogs containing prohibited grains; self-basting turkeys; animal proteins marinated using prohibited ingredients; imitation seafood; crabstick; sushi made with crabstick (California rolls).  Seitan, soy-based meat substitutes that contain plant proteins made with prohibited ingredients; bean dips made with prohibited ingredients; dry roasted nuts containing prohibited ingredients.</p>

FOODS ALLOWED	FOODS TO AVOID
<p><b><u>Miscellaneous</u></b>  Rice; rice noodles; corn tortillas  Breads made from any of the following: arrowroot, corn, tapioca, potato or potato starch, corn, rice, bean or soy flour  Puffed rice cereal, Rice Chex, cream of rice, cornmeal.  Nuts: almonds, cashews, peanuts, walnuts  Seeds: poppy sesame, sunflower.  Corn chips, potato chips; popcorn, rice cakes.  Salt and pepper; pure herbs and spices.</p>	<p><b><u>Miscellaneous</u></b>  Some chewing gums  Some toothpaste; mouthwash; medicines (esp. imported medicines); laxatives; vitamin supplements.  Some make-up (especially lipstick and balm)  Communion wafers  Glue; play dough.</p>

### **HELPFUL RESOURCES**

**Local Restaurants with Gluten-Free Menus/Options:**

Outback Steakhouse	<a href="http://www.outback.com">www.outback.com</a>
BJ's Restaurant	<a href="http://www.bjsrestaurants.com">www.bjsrestaurants.com</a>
Chick-fil-A	<a href="http://www.chick-fil-a.com">www.chick-fil-a.com</a>
Subway	<a href="http://www.subway.com">www.subway.com</a>
Wendy's	<a href="http://www.wendy's.com">www.wendy's.com</a>
Olive Garden	<a href="http://www.olivegarden.com">www.olivegarden.com</a>

**Celiac Sprue Organizations:**

American Celiac Society	<a href="http://www.americanceeliacociety.org">www.americanceeliacociety.org</a>	504-737-3293
Gluten Intolerance Group	<a href="http://www.gluten.net">www.gluten.net</a>	206-325-6980
Celiac Disease Foundation	<a href="http://www.celiac.org">www.celiac.org</a>	818-990-2354
Celiac Sprue Association	<a href="http://www.csaceliacs.org">www.csaceliacs.org</a>	401-558-0600

**Recommended Reading:**

- Gluten Free Diet: A Comprehensive Resource Guide. Shelly Case, RD, Case Nutrition Consulting, Canada 2005.
- Gluten-Free Diet in American Dietetic Association Pediatric Manual of Clinical Dietetics, 2<sup>nd</sup> edition, 2008, pp 607-618, by Kathy French, MS RD CSP

**Sources:**

- **Massachusetts General Hospital**, Gluten-Free Diet, patient education pamphlet
- <http://www.celiac.nih.gov/materials.aspx>
- <http://www.ctceliacsupport.org/>
- <http://www.eatright.org/>