



HEALTH FOR LIFE

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 increased appetite. Strict avoidance of gluten from the diet may eliminate these symptoms.

The gluten-free diet excludes foods containing wheat, rye, oats and barley. Corn and rice are grains that do not have gluten and may be eaten.

Beverages

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none">• Coffee• Tea• Decaffeinated coffee• Carbonated beverages• Cocoa powder	<ul style="list-style-type: none">• Instant coffee which contains wheat• Some flavored coffees• Malted drinks• Ovaltine• Cereal beverages (Postum)• Root-beer• Ale• Beer• Distilled liquor (if made from grain)• Instant tea and cocoa

Milk

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

Meat and Meat Substitutes

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

Bread / Starches

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> • Breads made with gluten-free flours only (tapioca, corn, rice, potato starch or soy) • Gluten-free bread mix or flour • Bean threads • Potatoes and potato chips • Popcorn • Pasta made with allowed flour • Rice, rice crackers, rice noodles, rice bran and cream of rice • Corn tortillas, cornmeal, hominy and grits • Corn Pops ®, Cocoa Pebbles ®, Fruity Pebbles ®, Sugar Pops ® • Puffed rice and cornflakes (that are not malt coated) 	<ul style="list-style-type: none"> • All commercial breads, biscuits and doughnuts, unless "gluten-free" • Flour made from wheat, rye, oats or barley • Cereals made from wheat, barley, oats or rye • Macaroni, noodles or spaghetti • Pretzels and snack foods which contain wheat, rye, oats or barley • Graham, soda, or snack crackers • Wheat germ or bran • Bulgar

Vegetables and Fruits

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

Fats and Oils

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

Soups

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

Dessert And Sweets

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> Gelatin Cakes, cookies and pastries made with allowed ingredients Popsicles and fruit ice 	<ul style="list-style-type: none"> Candy, cake, cookies, pastries and pudding made with gluten containing flours Prepared cake mixes

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> • Cornstarch, tapioca and rice puddings • "Cooked" puddings • Ice cream and sherbet prepared with a gelatin stabilizer • Corn or maple syrup • Honey, sugar and molasses • Hard candy • Almond Joy ®, Mounds ® and Pay Day ® • Whipped cream • Jellies and jams 	<ul style="list-style-type: none"> • Most commercial pudding mixes (instant) • Marshmallow Creme • Marzipan • Ice cream cones • Cake decorations

Flours and Thickeners

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> • Rice flour (brown and white) & starch • Soy flour • Potato flour & starch • Tapioca flour • Corn flour & starch • Rice starch & rice polish • Arrowroot starch 	<ul style="list-style-type: none"> • All flours & starches derived from wheat, rye, oats or barley • Buckwheat • Semolina • Millet • Amaranth • Quinoa • Spelt • Teff • Triticale


Miscellaneous

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> • Baking chocolate • Gum acacia, cellulose gum, guar gum, xanthin gum, gum arabic • Carob • Locust bean • Salt, pepper and herbs 	<ul style="list-style-type: none"> • Imitation bacon bits • Commercial meat sauces or condiments • Hydrolyzed vegetable protein (HVP) which contains wheat • Any food or seasoning which does not list the ingredients

Acceptable Food Choices	Foods to Strictly Avoid
<ul style="list-style-type: none"> • Gluten - free flavorings and extracts • Coconut • Olives and pickles • Food coloring • Cloves, ginger, nutmeg, cinnamon • Chili powder • Dry mustard • Cream of tartar, baking powder and baking soda • Yeast • Homemade catsup • Aspartame • Apple cider, wine and rice vinegars • Ethel vanillin • Dried orange and lemon peel • Gluten-free soy sauce • Gluten-free curry powder • Pure spices • MSG (if made in U.S.A.) 	<ul style="list-style-type: none"> • Distilled vinegar • Modified food starch if made from wheat • Caramel color made from gluten containing malt syrup or starch hydrolysates • Prescriptions (and over-the-counter drugs) which contain gluten as filler for tablets or capsules • Horseradish • Some prepared mustard • Most soy sauces • Flavorings and extracts made with grain alcohol (from wheat, rye, barley or oats) • Some curry powder • Some mixed spices • Brown rice syrup • Oat gum

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, write to the manufacturer.

Additional Information

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

- Canadian Celiac Association
6519-B Mississauga Rd.
Mississauga, Ontario L5T 1A6
Canada
Phone number: (416) 567-7195
Fax number: (416) 567-7191
<http://www.celiac.ca>

- Celiac Sprue Association/United States of America (CSA/USA)
P.O. Box 31700
Omaha, NE 68131-0700
Phone number: (402) 558-0600
<http://www.csaceliacs.org>

- Gluten Intolerance Group of North America (GIG)
P.O. Box 23053
Broadway Station
Seattle, WA 98102-0353
Phone number: (206) 325-6980
<http://www.gluten.net/default.htm>

- ☞ Listed below are some companies which sell gluten-free products. They accept orders by mail or phone.

- Bickford Flavors (gluten-free flavorings)
19007 St. Clair Avenue
Cleveland, OH 44117-1001
FAX: (216) 531-2006
Phone: (216) 531-6006
<http://www.halcyon.com/rlucas/food.html>

- Dietary Specialties, Inc. (pasta, cookies, crackers, mixes for breads, cakes, etc., cereal, and flavorings)
P.O. Box 84487
Seattle, WA 98124
Phone: 1-800-331-5222
E-mail: samiii@ener-g.com

- The Gluten-Free Pantry
P.O. Box 840
Glastonbury, CT 06033
Phone: 1-800-291-8386 (inquiries and orders)
1-860-633-3826 (customer service)
FAX: 1-860-633-6853
<http://www.glutenfree.com>

References: The Gluten-Free Gourmet, Bette Hagman. Henry Holt & Co., Inc.
New York, NY, 1990.

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- ▶ Upon request all patient education handouts are available in other formats for people with hearing, vision and language needs, call (614) 293-3191. For more written information, please call (614) 293-3707.