

GLUTEN-FREE DIET

Gluten is the protein part of wheat, rye, barley, and other related grains. Some people cannot tolerate gluten when it comes in contact with the small intestine. This condition is known as celiac disease (sometimes called non-tropical sprue or gluten sensitive enteropathy).

Removing gluten from the diet is not easy. Grains are used in the preparation of many foods. It is often hard to tell by a food's name what may be in it, so it is easy to eat gluten without even knowing it. However, staying on a strict gluten-free diet can dramatically improve the patient's condition.

The person who prepares the patient's food must fully understand the gluten-free diet. Read food labels carefully:

- **Do not eat** anything that contains the following grains: wheat, rye and barley.
- At one time, **oats** were thought to contain some gluten. It has now become apparent, however, that oats frequently were processed in machines that also processed wheat. Most manufacturers no longer do this, although if there are any questions, a person should get reassurance from the manufacturer by mail, email or phone.
- The following **can be eaten** in any amount: corn, potato, rice, soybeans, tapioca, arrowroot, carob, buckwheat, millet, amaranth and quinoa.
- **Distilled white vinegar** does not contain gluten.
- **Malt vinegar** does contain gluten.

Grains are used in the processing of many ingredients, so it will be necessary to seek out hidden gluten. The following terms found in food labels may mean that there is gluten in the product.

- **Hydrolyzed Vegetable Protein (HVP)**, unless made from soy or corn
- **Flour** or **Cereal** products, unless made with pure rice flour, corn flour, potato flour or soy flour
- **Vegetable Protein**, unless made from soy or corn
- **Malt** or **Malt Flavoring**, unless derived from corn
- **Modified Starch** or **Modified Food Starch**, unless arrowroot, corn, potato, tapioca, waxy maize or maize is used
- **Vegetable Gum**, unless made from carob bean, locust bean, cellulose, guar, gum arabic, gum aracia, gum tragacanth, xanthan or vegetable starch
- **Soy Sauce** or **Soy Sauce Solids**, unless you know they do not contain wheat

Any of the following words on food labels often mean that a grain containing gluten has been used.

- Stabilizer
- Starch
- Flavoring
- Emulsifier
- Hydrolyzed
- Plant Protein

GLUTEN-FREE DIET

The following are lists of various foods that do **not** have gluten, **may** have gluten and **do** contain gluten.

Prebiotic Plant Fiber Oligofructose and Inulin

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Onion, garlic, leeks, Jerusalem artichokes, asparagus, chicory root, jicama, dandelion, banana, agave, jams		Wheat, barley, rye

Milk and Milk Products

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Whole, low fat, skim, dry, evaporated or condensed milk; buttermilk; cream; whipping cream; Velveeta cheese food; American cheese; all aged cheese such as Cheddar, Swiss, Edam and Parmesan	Sour cream, commercial chocolate milk and drinks, non-dairy creamers, all other cheese products, yogurt	Malted drinks

Meat or Meat Substitutes

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
100% meat (no grain additives); seafood; poultry (breaded with pure cornmeal, potato flour or rice flour); peanut butter; eggs; dried beans or peas; pork	Meat patties; canned meat; sausages; cold cuts; bologna; hot dogs; stew; hamburger; chili; commercial omelets, souffles, fondue; soy protein meat substitutes	Croquettes, breaded fish, chicken loaves made with bread or bread crumbs, breaded or floured meats, meatloaf, meatballs, pizza, ravioli, any meat or meat substitute, rye, barley, oats, gluten stabilizers

Breads and Grains

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Cream of rice; cornmeal; hominy; rice; wild rice; gluten-free noodles; rice wafers; pure corn tortillas; specially prepared breads made with corn, rice, potato, soybean, tapioca, arrowroot, carob, buckwheat, millet, amaranth and quinoa flour	Packaged rice mixes, cornbread, ready-to-eat cereals containing malt flavoring	Breads, buns, rolls, biscuits, muffins, crackers and cereals containing wheat, wheat germ, oats, barley, rye, bran, graham flour, malt; kasha; bulgur; Melba toast; matzo; bread crumbs; pastry; pizza dough; regular noodles, spaghetti, macaroni and other pasta; rusks; dumplings; zwieback; pretzels; prepared mixes for waffles and pancakes; bread stuffing or filling

GLUTEN-FREE DIET

Fats and Oils

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Butter, margarine, vegetable oil, shortening, lard	Salad dressings, non-dairy creamers, mayonnaise	Gravy and cream sauces thickened with flour

Fruits

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Plain, fresh, frozen, canned or dried fruit; all fruit juices	Pie fillings, thickened or prepared fruit, fruit fillings	None

Vegetables

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Fresh, frozen or canned vegetables; white and sweet potatoes; yams	Vegetables with sauces, commercially prepared vegetables and salads, canned baked beans, pickles, marinated vegetables, commercially seasoned vegetables	Creamed or breaded vegetables; those prepared with wheat, rye, oats, barley or gluten stabilizers

Snacks and Desserts

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Brown and white sugar, rennet, fruit whips, gelatin, jelly, jam, honey, molasses, pure cocoa, fruit ice, carob	Custards, puddings, ice cream, ices, sherbet, pie fillings, candies, chocolate, chewing gum, cocoa, potato chips, popcorn	Cakes, cookies, doughnuts, pastries, dumplings, ice cream cones, pies, prepared cake and cookie mixes, pretzels, bread pudding

Beverages

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Tea, carbonated beverages (except root beer), fruit juices, mineral and carbonated waters, wines, instant or ground coffee	Cocoa mixes, root beer, chocolate drinks, nutritional supplements, beverage mixes	Postum™, Ovaltine™, malt-containing drinks, cocomalt, beer, ale

Soups

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
Those made with allowed ingredients	Commercially prepared soups, broths, soup mixes, boullion cubes	Soups thickened with wheat flour or gluten-containing grains; soup containing barley, pasta or noodles

Thickening Agents

<u>NO Gluten</u>	<u>MAY Contain Gluten</u>	<u>DOES Contain Gluten</u>
------------------	---------------------------	----------------------------

GLUTEN-FREE DIET

Gelatin, arrowroot starch; corn flour germ or bran; potato flour; potato starch flour; rice bran and flour; rice polish; soy flour; tapioca, sago

Commercially prepared soups, broths, soup mixes, boullion cubes

Wheat starch; all flours containing wheat, oats, rye, malt, barley or graham flour; all-purpose flour; white flour; wheat flour; bran; cracker meal; durham flour; wheat germ

Condiments

NO Gluten

Gluten-free soy sauce, distilled white vinegar, olives, pickles, relish, ketchup

MAY Contain Gluten

Flavoring syrups (for pancakes or ice cream), mayonnaise, horseradish, salad dressings, tomato sauces, meat sauce, mustard, taco sauce, soy sauce, chip dips

DOES Contain Gluten

Seasonings

NO Gluten

Salt, pepper, herbs, flavored extracts, food coloring, cloves, ginger, nutmeg, cinnamon, bicarbonate of soda, baking powder, cream of tartar, monosodium glutamate

MAY Contain Gluten

Curry powder, seasoning mixes, meat extracts

DOES Contain Gluten

Synthetic pepper, brewer's yeast (unless prepared with a sugar molasses base), yeast extract (contains barley)

The materials and content contained on this form are for general holistic nutrition information only to help support and enhance the body's own healing properties and are not intended to be a substitute for professional medical advice, diagnosis or treatment for any medical condition. You should not rely exclusively on information provided on this or any other nutritional guidelines for your health needs. All specific medical questions should be presented to the appropriate medical health care provider.