



# GLUTEN FREE DIET PLAN

If your doctor has told you that you have Celiac disease (other names are gluten-sensitive enteropathy, nontropical sprue, and celiac sprue) then you should benefit from following the Gluten-Free Diet. This diet can help you control the disease and relieve your symptoms usually within 3-6 days. It is important to always follow this diet because if you stop, your symptoms will return.

Celiac disease damages your intestine. When you have damage to your intestine it is not able to absorb nutrients from food that your body needs for good health. Following the Gluten-Free Diet will allow your intestine to heal because it eliminates the foods that cause the damage. The Gluten-Free Diet is a diet free of wheat, rye, oats, barley and any foods made with or from these ingredients.

The first step in following the Gluten-Free Diet is to carefully read the ingredients listed on the food label. The following list will help you identify and **avoid** ingredients on food labels that are **not approved** for a Gluten-Free Diet.



## INGREDIENTS TO AVOID

- Wheat
- Barley
- Rye
- Malt flavoring/barley malt
- Brown rice syrup (may contain barley)
- Modified food starch
- Vegetable gum
- Soy sauce (unless gluten-free)
- Dextrin

- Beers
- Lagers
- Ales
- Stouts
- Hydrolyzed plant protein HPP
- Hydrolyzed vegetable protein HVP
- Monoglycerides and diglycerides when in dry goods

If you see a known safe product in a package labeled "new and improved," then read the label carefully or contact the manufacturer to be certain that gluten has not been added and that the food is still safe for you. Recheck labels of all foods every 2 to 3 months.

All products have a phone number listed on them. If you have questions about the specific ingredients in a product then call the manufacturer and ask their representative if the product is safe for a person following a Gluten-Free Diet. Be specific. Ask if any ingredients are derived from wheat, rye, oats or barley.

### Over-the-counter Medicine

Many medications such as acetaminophen (the active ingredient in Tylenol) contain gluten. You should always ask a pharmacist to verify that all of your medications are safe for the Gluten-Free Diet. You may also check at [www.glutenfreedrugs.com](http://www.glutenfreedrugs.com). If you take a multivitamin, make sure that it is gluten-free. Even toothpaste has gluten in it; choose gluten-free toothpaste.

***"When in doubt, check it out!"***

**BE AWARE THAT GLUTEN CAN ALSO BE HIDDEN IN:**

Broth	Marinades
Breading	Thickeners
CROUTONS	Roux
Pasta	Soup base
Stuffing	Self-basting poultry
Flour	Imitation seafood
Sauces	Imitation bacon
Coating mixes	Communion Wafers

FOODS AND FOOD GROUPS	CHOOSE	DO NOT CHOOSE
Milk & Yogurt	Plain unflavored milk, buttermilk, cream, half and half, yogurt, lactose-reduced milk	Some flavored milks, milk mixes and additives, and yogurts that have toppings or other additives
Cheese	Aged cheeses such as Swiss, cheddar, edam, gouda, parmesan, and other natural cheeses.	Veined cheeses, cheese product or cheese food, some cheese spreads, check labels on cottage cheese

FOODS AND FOOD GROUPS	CHOOSE	DO NOT CHOOSE
Eggs	Plain cooked eggs, fresh eggs	Check labels on sauces and gravies added to eggs
Meat and Meat Substitutes Nuts/Nut Butters & Seeds	Plain untreated meat, fish, poultry, eggs, “certain brands” of bacon, ham, cold cuts, frankfurters, or sausage without fillers, e.g., Hormel®, Oscar Meyers®, Boar’s Head®	Breaded meat, fish or poultry, seafood cakes, croquettes, patties, and loaves made with bread crumbs Individually frozen fish may be dusted with flour Tuna canned with hydrolyzed protein. Imitation crab Processed meat and cold cuts with gluten added Self-basted or marinated meats
Beans/Legumes	Plain or natural peanut, almond, and cashew butters Plain nuts, sunflower seeds, sesame seeds, poppy seeds and coconut  Plain frozen, fresh, dried, or canned beans (no sauces) Garbanzo beans, kidney beans, lentils, pinto beans, lima, and black beans	Dry roasted nuts or nut butters with gluten containing ingredient Canned baked beans  Read labels carefully to avoid additives with gluten
Soy Products	Plain tempeh and tofu	Seasoned tempeh and tofu may have gluten additives Imitation meats may also contain gluten
Fruits and Fruit Juices	All plain fresh, canned, frozen fruits and fruit juices, and plain dried fruits	Canned or dried fruit with fillers added or dusted with flour Check labels on pie fillings
Vegetables	All plain fresh, canned, frozen vegetables	Vegetables in a gluten containing sauce or gravy Breaded vegetables
Potatoes/Rice/Starches	All plain potatoes, sweet potatoes, yams, plain brown, white, or wild rice, enriched rice, plain French fries, rice pasta, quinoa pasta, corn pasta and hominy	Commercial rice with a flour coating, commercial potato or rice products with seasoning packets or gluten containing ingredients, regular pasta, noodles and wheat starch
Bread, Cereals, Grains and Flours	Corn or rice cereals Breads, crackers, cakes, cookies made with corn, tapioca, sorghum, arrowroot, amaranth, quinoa, buckwheat, millet, tef, rafi, Job's tears, potato, cornstarch, flax, soybean, yeast, bean flours (garbanzo or fava), rice or poha flakes, Montina®, tapioca, polenta, nut flours, or sago flour	Wheat, durum, semolina, kamut, spelt, farina, triticale, rye, barley, oats, graham, wheat germ, bulgur, couscous, low gluten flour, and carob-soy flour, tabbouleh, buckwheat or cornmeal with flour added. <i>Remember: Wheat free does not mean gluten-free</i>
Crackers, Chips and Popcorn	Rice wafers, plain cornmeal chips, or tortillas, potato chips, plain popcorn	Read labels carefully Avoid pretzels, crackers, and chips made with gluten containing ingredients

<b>FOODS AND FOOD GROUPS</b>	<b>CHOOSE</b>	<b>DO NOT CHOOSE</b>
Soups	Homemade soups with ingredients known to be gluten-free, Herb-Ox® bouillon	Read labels carefully Avoid soups containing barley, wheat, pasta, noodles and textured vegetable protein (TVP) Bouillon that contains gluten
Beverages and Sodas	Coffee, tea, pure cocoa powder, sodas, Gatorade, all sport drinks	Some flavored instant coffee mixes, cappuccino mixes, some flavored herbal teas, Ovaltine and Postum
Soy Beverages	Westsoy® Lite Soy Beverage Westsoy® Plus Soy Beverage Westsoy® Non Fat Soy Beverage White Wave® Silk Soy Milk	Check labels, remember that rice syrup may contain a barley enzyme that is not gluten-free
Condiments	Mustard, ketchup, salsa, mayonnaise, salad dressings, pure maple syrup, Lea & Perrin® products, corn syrup Vinegar: apple, distilled, balsamic, rice and wine	Commercial sauces, chili sauce, barbeque sauce, soup bases, marinades, coating mixes, malt vinegar, Kikkoman® soy sauce, horseradish, Worcestershire sauce Check labels carefully for thickening agents made with gluten
Seasonings and flavorings	All plain herbs and spices, salt, pepper, brown and white sugar, Equal® and Sweet-N-Low®	Seasoning mixes, bouillon Read labels
Desserts (read label)	Sorbet, popsicles, Italian ice, Kozy Shack® puddings, puddings thickened with cornstarch, some ice creams	Pie crust, cookies, cakes, ice cream cones, ice cream with cookies or crispies, pastries (donuts) made from gluten containing flours
Fats	Butter, margarine, all cooking vegetable oils, mayonnaise, cream, cream cheese	Some salad dressings, and sandwich spreads may contain gluten Cream sauce thickened with flour Nondairy cream substitute Commercially prepared gravy and sauces
Baking Ingredients	Yeast, baking soda, baking powder, cream of tarter, Hershey's® chocolate and butterscotch baking chips	Grains sweetened with carob or vegan chocolate chips
Candies and Sweets	Sugar, honey, non-buttered syrup, molasses, most jellies and jams, plain hard candy, marshmallows, gum drops, chocolate candy such as Rolo® and most Hershey® brands, 3 Musketeers®, Almond Joy®, Andes Mints®, Baby Ruth®, M&M's®, Snickers®	Read labels Avoid licorice; chewing gum may be dusted with flour to keep it from sticking to the packaging. Chocolate covered nuts are often rolled in flour and should be avoided.

FOODS AND FOOD GROUPS	CHOOSE	DO NOT CHOOSE
Alcohol	Wine, distilled liquor, tequila, gin, and liqueurs	Any fermented alcohol such as ale, beer, lager, read labels on drink mixers
Miscellaneous	Xantham gum, gluten-free lipstick, low-gluten Communion wafers	Regular Communion wafers, Brewer's yeast

## COOKING TIPS FOR SUBSTITUTING WHEAT FLOUR IN RECIPES

### BAKING: FOR 1 CUP OF WHEAT FLOUR REPLACED WITH:

- 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 brown)

## SAMPLE MENU

### Breakfast

- Orange juice
- Puffed rice
- Soft-cooked egg
- Gluten-free bread
- Margarine and jelly
- Milk
- Coffee
- Sugar and creamer

### Noon

- Chicken and bean taco on pure corn tortilla with salsa and cheese
- Stir-fry carrots, onions and bellpepper
- Fresh fruit
- Milk
- Iced tea with sugar

### Evening

- Grilled Salmon
- Steamed rice
- Green beans
- Sliced tomato salad with oil & vinegar
- Peach halves
- Margarine
- Iced tea with sugar
- Plain vanilla ice cream with Hershey® chocolate syrup