

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 the following information. This diet can help you control the disease and may relieve your symptoms beginning in 3-6 days. It is important to always follow this diet because if you stop, your symptoms may return.

Celiac disease damages your intestine. When your intestine is damaged, 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 will cause you discomfort.

ingredients to avoid

- Wheat
- Barley
- Rye
- Malt flavoring/barley malt
- Oats, unless gluten-free

foods to avoid

- Beers
- Ales
- Croutons
- Stuffing
- Roux
- Lagers
- Breeding
- Pasta
- Flour
- Communion Wafers

be aware that gluten may also be hidden in:

- Broth
- Sauces
- Marinades
- Thickeners
- Soup base
- Roux
- Imitation bacon
- Vegetable gum
- Dextrin
- Coating mixes
- Self-basting poultry
- Imitation seafood
- Brown rice syrup (may contain barley)
- Hydrolyzed plant protein (HPP)
- Soy sauce (unless gluten-free)
- Hydrolyzed vegetable protein (HVP)
- Modified food starch
- Monoglycerides and diglycerides when in dry goods

The Food Allergen Labeling and Consumer Protection Act states that ‘wheat’ MUST be on the food label. 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 every time a new package is purchased. **“When in doubt, check it out!”**

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 may 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.

If you take a multivitamin, make sure that it is gluten-free. Even toothpaste may have gluten in it; so be sure to choose gluten-free toothpaste.

CAUTION: when choosing to eat oats

The safety of eating oats with celiac disease has been extensively researched. Studies confirm that consuming pure, uncontaminated oats is safe in the amount of ½ cup dry rolled oats per day for adults and ¼ cup dry rolled oats per day for children. You should discuss the decision to consume oats with your physician or dietitian.

meat, eggs, meat substitutes

choose

- Plain cooked eggs
- Fresh eggs
- Plain untreated meat, fish, poultry, eggs
- “Certain brands” of bacon, ham, cold cuts, frankfurters, or sausage without fillers, e.g., Hormel®, and most Oscar Mayer® and Boar’s Head®

do not choose

- Sauces and gravies added to eggs*
- 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

milk, yogurt, cheese

choose

- Plain unflavored milk
- Buttermilk
- Cream
- Half and Half
- Yogurt
- Lactose- reduced milk
- Aged cheeses such as Swiss, cheddar, edam, gouda, parmesan, and other natural cheeses

do not choose*

- Some flavored milks
- Milk mixes and additives
- Yogurts that have toppings or other additives
- Some veined cheeses
- Cheese product or cheese food
- Some cheese spreads
- Some cottage cheeses



bread, cereals, grains, and flours

choose

- Corn or rice cereals
- Gluten-free oats with caution
- Breads, crackers, cakes, cookies made with corn, tapioca, sorghum, arrowroot, amaranth, quinoa, buck wheat, millet, teff, 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

do not choose*

- Wheat, durum, semolina, kamut, spelt, farina, triticale, rye, barley, oats, graham, wheat germ, bulgur, couscous, stuffing, and flour tortillas
 - Low gluten flour, and carob-soy flour
 - Tabbouleh, buckwheat or cornmeal with flour added
- Remember: Wheat free does not mean gluten-free*

fruits & fruit juices

choose

- All plain fresh fruits
- Canned fruits
- Frozen fruits
- Fruit Juices
- Plain dried fruits

do not choose

- Canned or dried fruit with fillers added or dusted with flour
- Pie fillings*

soy products

choose

- Plain tempeh
- Tofu
- Edamame

do not choose*

- Seasoned tempeh and tofu may have gluten additives
- Imitation meats may also contain gluten

* read labels very carefully for gluten or gluten-containing ingredients

potatoes/rice/starches

choose

- All plain potatoes
- Sweet potatoes
- Yams
- Plain brown, white, or wild rice
- Enriched rice
- Plain French fries
- Rice, quinoa, and corn pasta
- Hominy
- Corn tortillas
- Parsnips
- Turnips
- Yucca
- Glutinous rice (A sticky Asian rice that does not contain gluten.)

do not choose*

- Commercial rice with a flour coating
- Commercial potato or rice products with seasoning packets or gluten containing ingredients
- Regular pasta
- Noodles
- Wheat starch



crackers, chips, popcorn

choose

- Rice wafers
- Plain cornmeal chips
- Plain tortillas
- Potato chips
- Plain popcorn

do not choose*

- Pretzels
- Crackers
- Chips with gluten-containing ingredients

vegetables

choose

- All plain fresh vegetables
- Canned vegetables
- Frozen vegetables

do not choose*

- Vegetables in a gluten-containing sauce or gravy
- Breaded vegetables



fats

choose

- Butter
- Margarine
- All vegetable cooking oils
- Mayonnaise
- Cream
- Cream cheese

do not choose*

- Some salad dressings and sandwich spreads may contain gluten
- Cream sauce thickened with flour
- Some nondairy cream substitutes

soups

choose

- Homemade soups with ingredients known to be gluten-free
- Herb-Ox[®] bouillon

do not choose*

- Soups containing barley, wheat, pasta, noodles and textured vegetable protein (TVP)
- Bouillon that contains gluten

baking ingredients

choose

- Yeast
- Baking soda
- Baking powder
- Cream of tartar
- Hershey's[®] chocolate
- Butterscotch baking chips

do not choose*

- Grains sweetened with carob or vegan chocolate chips

* read labels very carefully for gluten or gluten-containing ingredients



nuts, nut butters, seeds, beans & legumes

choose

- Plain or natural peanut butter
- Almond butter
- Cashew butter
- Plain nuts
- Sunflower seeds
- Sesame seeds
- Poppy seeds
- Coconut
- Plain frozen, fresh, dried, or canned beans (no sauces)
- Garbanzo beans
- Kidney beans
- Lentils
- Pinto beans
- Lima beans
- Black beans

do not choose*

- Dry roasted nuts or nut butters with gluten containing ingredients
- Some canned baked beans

Note: Particularly look at labels to identify additives containing gluten.



beverages and sodas



choose

- Coffee
- Tea
- Pure cocoa powder
- Sodas
- Gatorade®
- All sports drinks

do not choose*

- Some flavored instant coffee mixes
- Cappuccino mixes
- Some flavored herbal teas
- Ovaltine®
- Postum®

soy beverages

choose

- Westsoy® Lite Soy Beverage
- Westsoy® Plus Soy Beverage
- Westsoy® Non Fat Soy Beverage
- White Wave® Silk Soy Milk

do not choose*

- Remember that rice syrup may contain a barley enzyme that is not gluten-free

condiments

choose

- Mustard
- Ketchup
- Salsa
- Mayonnaise
- Salad dressings
- Pure maple syrup
- Lea & Perrin® products
- Corn syrup
- Gluten-free soy sauce
- Vinegar: apple, distilled, balsamic, rice, and wine

do not choose*

- Commercial sauces
- Chili sauce
- Barbeque sauce
- Soup bases
- Marinades
- Coating mixes
- Malt vinegar
- Kikkoman® soy sauce
- Horseradish
- Worcestershire sauce
- Thickening agents made with gluten*



seasonings and flavorings

choose

- All plain herbs and spices
- Salt
- Pepper
- Brown and white sugar
- Equal®
- Sweet-N-Low®
- Splenda®

do not choose*

- Seasoning mixes
- Bouillon

* read labels very carefully for gluten or gluten-containing ingredients

desserts

choose

- Sorbet
- Popsicles
- Italian ice
- Kozy Shack® puddings
- Puddings thickened with cornstarch
- Some ice creams
- Splenda®

do not choose*

- Pie crust
- Cookies
- Cakes
- Ice cream cones
- Ice cream with cookies or crispies
- Pastries (donuts) made from gluten-containing flours

alcohol

choose

- Wine
- Distilled liquor
- Tequila
- Gin
- Gluten-free beer
- Liqueurs

do not choose

- Any fermented alcohol such as ale, beer, lager, drink mixers*

miscellaneous

choose

- Xanthan gum
- Gluten-free lipstick
- Low-gluten Communion wafers

do not choose*

- Regular Communion wafers
- Brewer's yeast

candies and sweets

choose

- 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®

do not choose*

- 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



* read labels very carefully for gluten or gluten-containing ingredients



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



support groups

Gluten Intolerance Group of North America

31214 124th Ave SE

Auburn, WA 98166-1820

253/833-6655

www.gluten.net

American Celiac Society

PO Box 23455

New Orleans LA 70183

504-737-3293

www.americancelicsociety.org

Celiac Disease Foundation

13251 Ventura Blvd. Suite 3

Studio City, CA 91604

818/990-2354

www.celiac.org

Celiac Sprue Association

PO Box 31700

Omaha NE 68131-0700

877-CSA-4CSA

www.csaceliacs.org

Suppliers of Gluten Free Products

*Provides enriched gluten-free bread products and/or baking mixes

*Ener-G Foods, Inc.
800/331-5222
www.ener-g.com

*Enjoy Life Foods
888/503-6569
www.enjoylifefoods.com

Kingsmill Foods Co., Ltd.
416/755-1124
www.kingsmillfoods.com

*Kinnikinnick
877/503-4466
www.kinnikinnick.com or
www.Glutensmart.com

Med-Diet
800/633-3438
www.med-diet.com

Bob's Red Mill
800/553-2258
www.bobsredmill.com

*Health Valley
800/434-4246
www.healthvalley.com

*Maple Grove Food and Beverage
323/322-0501
www.maplegrovefoods.com

Gluten-Free Mall
866/575-3720
www.glutenfreemall.com

*Perky's Natural Foods
888/473-7597
www.perkysnaturalfoods.com

The Gluten-Free Pantry / Glutino
800/291-8386
www.glutino.com

Pamela's Products
707/462-6605
www.pamelasproducts.com

