



Gluten-free Diet Guide

Gluten is a protein in **wheat** that makes dough elastic. It also is found in **rye, barley** and **possibly oats**. If you have celiac disease exposure to gluten can cause an immune reaction, reducing your body's ability to absorb nutrients from food, due to the loss of villi in the small intestines. This can lead to malnutrition, no matter how well you're eating, since eating even a small amount of this protein can result in damage to the intestine. If you are sensitive to gluten, you must try to avoid all foods containing wheat, barley and rye as well as oats that are not specifically "gluten free."

Celiac Disease (a.k.a. Celiac Sprue) is a digestive disease in which gluten destroys the villi that line the small intestine. This interferes with the body's ability to absorb several nutrients and may produce a variety of symptoms such as chronic excessive gas, bloating, stomach pain, diarrhea, anemia, fatigue, weight loss or gain, itchy skin rash, osteoporosis, or no outward symptoms at all.

Gluten is a protein found in all wheat (including kamut, spelt, triticale), rye and barley. Oats are not the same as rye and barley but due to widespread contamination during processing and handling oats are recommended with caution or not at all for Celiac patients. Products designated "wheat free" are okay for wheat allergy but not for Celiac disease.

Wheat Allergy is different from Celiac in that only wheat products cause symptoms. Severe wheat allergy can cause anaphylactic shock and less severe allergy or intolerance to wheat may cause symptoms similar to those caused by Celiac disease. If a product says "gluten free" it is automatically wheat free.

Gluten-free (GF) Grains & comparable foods:

Amaranth

Arrowroot

Beans (and flour made from beans)

Buckwheat* (groats, toasted groats, flour, "creamy" buckwheat cereal)

Corn (yellow, blue) – whole kernels, popped, corn tortillas, cornmeal

Flaxseed

Garfava

Millet (toast before cooking for added flavor)

Nut flours

Oats (if certified "gluten-free" – Jackson Whole Grocer sells GF oats)

Potato

Quinoa (pronounced "keen-waah") – cooks in 20 minutes or less; eat like rice or as a breakfast grain

Rice (rice bran) – brown, wild, Red Wehani, Basmati

Sorghum

Soy

Tapioca

Teff

**Buckwheat is not wheat – look for buckwheat flour or pancake mixes that are strictly buckwheat.*

- In addition to GF grains, get fiber and nutrients commonly found in grains from ground flaxseed, other seeds, nuts, beans, peas, and lentils. Many basic whole foods are naturally gluten-free (potatoes, sweet potatoes, vegetables, fruit, fish, eggs, meat, poultry, etc.).
- Celiac disease may initially cause lactose intolerance but after gluten is eliminated for a while many people can reintroduce dairy. Yogurt is often tolerated even when other dairy foods cause problems.

Wheat Ingredients to Avoid:

Bulgur
 Cous cous
 Durum
 Farina
 Farro
 Flour
 Graham flour
 Kamut
 Wheat flour
 Whole wheat flour
 Wheat germ
 Wheat bran
 Wheat starch
 Triticale
 Seitan
 Semolina
 Spelt
 Gluten flour
 Cake & pastry flour
 Durum flour
 Bulgar wheat
 Hydrolyzed vegetable or wheat protein (HVP)

Barley and Rye Ingredients to Avoid with a Gluten-free Diet:

Ale
 Barley (flakes, flour, pearled)
 Beer
 Brewer's yeast
 Lager
 Malt
 Malt extract/Malt syrup/malt flavoring
 Malt vinegar
 Malted milk
 Rye bread
 Rye flour or flakes

Additional foods that may contain wheat or gluten:

Baked beans
 Breaded meats
 Broths
 Brown rice syrup (may have barley)
 Creamed products
 Canned fish
 Caramel color (sometimes barley)
 Communion wafers
 Croutons

Additional foods that may contain wheat or gluten (continued):

Dextrins (maltodextrins are okay)
Imitation Seafood
Imitation bacon
Gravies
Malt or Malt flavoring
Malt vinegar
Meat and poultry that contain flour (patties)
Luncheon meats
Hot dogs
Sausage
Premolded hamburgers
Meat tenderizer if made from MSG (monosodium glutamate)
Cheese sauces/spreads
Egg dishes thickened with flour
Tomato sauces
Pasta noodles
Stewed fruits thickened with flour
Soy sauce
Stewed fruits thickened with flour
Commercially-prepared gravies
Commercial fruit pie fillings & jams
Starch (**modified food starch**)
Soup mixes and bases
Hydrolyzed vegetable protein (HVP)
Boullion cubes and extracts
Hydrolyzed plant protein (HPP)
Texturized vegetable protein (TVP)

Binders, fillers, extenders, malt, thickeners, and natural flavorings, all may contain gluten

***Note:** annatto which is added seasonally to butter and to yellow cheese can have wheat in it as a stabilizer.*

Gluten-free Snack ideas:

- Rice cake, GF bread, apple or banana with almond or other nut butter
- Rice, almond or other GF crackers and/or raw vegetables with hummus
- Toasted corn tortilla with black bean dip or low fat refried beans and salsa
- Popcorn (read labels of microwave varieties)
- Nuts and seeds
- GF trail mix (nuts and dried fruit)
- GF bars – Larabar, Bumblebars, Alpsnack, ...
- Sun Flour Baking Company goodies
- GF cereal or granola with yogurt (if dairy is tolerated)
- Dark chocolate – check ingredient list
- GF banana bread or muffin
- Organic Turkey or Beef Jerky
- Canned tuna, salmon or other fish spread on GF crackers
- Cheese and GF crackers
- hard-boiled egg
- GF Tortilla chips and salsa (most tortilla chips and salsas are naturally GF but check the labels for processed ingredients that contain gluten)