

# **Gluten-Free Diet**

Gluten is a protein part that is found in grains, such as wheat, barley, rye and other related products. There are some medical disorders such as celiac disease and non-tropical sprue, where gluten is not tolerated. In people with celiac disease, gluten actually injures the lining of the small intestine, causing symptoms such as abdominal cramps, gas, diarrhea and vitamin deficiencies. Elimination of all gluten from the diet allows the intestinal lining to heal.

Many foods contain gluten. It will be important to read food labels and become educated about processed foods that may contain hidden gluten. Do not eat anything that contain gluten, gluten products or is manufactured on equipment that processes gluten. The most obvious sources are wheat, barley and rye. This handout only contains the basics. More information must be obtained by the websites and resources below, and assessment/education by your registered dietitian.

## **Foods and related products that are okay to eat:**

- “gluten-free” products (Ingredients must be double checked)
- potatoes and potato flour
- corn and corn flour
- rice and rice flour
- soybeans and soy flour
- tapioca
- carob
- buckwheat
- millet
- quinoa
- distilled white vinegar (not malt vinegar)
- gluten-free oats (Cream Hill Estates) [www.creamhillestates.com](http://www.creamhillestates.com)
- cereal, breads and crackers made from pure rice flour, corn flour, soy flour or other non-gluten flours (websites provided below)
- vegetable protein made from corn or soy

### **Watch for hidden gluten in the following products (do not eat):**

- soy sauce or soy sauce solids
- vegetable protein unless made with corn or soy
- hydrolyzed vegetable or plant protein unless made with corn or soy
- malt or malt flavoring unless made from corn
- malt vinegar
- starch or modified starch unless made from corn, arrowroot, potato, tapioca or maize
- stabilizer
- emulsifier
- flavoring
- certain types of vegetable gum
- caramel
- cross contamination (i.e. Separate toasters)

### **The following organizations will have additional information:**

- [www.celiachealth.org](http://www.celiachealth.org) (Download Gluten-Free Diet Handout from home page) This provides extremely detailed information on products and recipes.
- Celiac Disease Foundation: [www.celiac.org](http://www.celiac.org)
- Food Allergy Network: [www.foodallergy.org](http://www.foodallergy.org)
- [www.glutenfreediet.ca](http://www.glutenfreediet.ca)
- Living Without Magazine: [www.livingwithout.com](http://www.livingwithout.com) (1-847-480-8810)
- [www.celiac.com](http://www.celiac.com) (support group info)
- [www.eatright.org](http://www.eatright.org)
- [www.gluten.net](http://www.gluten.net) (support group)
- Gluten on the Go Pocket Guide: [www.celiacdiseasecenter.columbia.edu](http://www.celiacdiseasecenter.columbia.edu)
- Gluten-Free Diet: A Comprehensive Resource Guide by Shelly Case
- Wheat Free, Worry Free by Dana Korn
- The Gluten-Free Kid: A Celiac Disease Survival Guide by Melissa London
- Gluten-Free Friends: An Activity Book for Kids by Nancy Patin-Falini
- Why Can't I Eat That by Taylor and Latta
- University of California, San Diego: Celiac Center:  
[www.celiaccenter.ucsd.edu](http://www.celiaccenter.ucsd.edu)
- Glutenfreein SD.com
- amysglutenfreepantry.com (Recipe Resource Blog, not the Amy's line of food)
- Whole Foods: (Special diets series) [www.wholefoodsmarket.com/specialdiets](http://www.wholefoodsmarket.com/specialdiets)



**Lisa Ameer, MSNH, RD, CDE**