

# GLUTEN FREE

## CELIAC DISEASE | IBS | GLUTEN SENSITIVITY

Gluten is a protein found in certain grains such as wheat, barley, rye, triticale, malt and some oats. Although gluten is safe for most people, those with conditions like celiac disease, gluten sensitivity, or diarrhea predominant irritable bowel syndrome, should avoid it to prevent adverse health effects.

Many foods are made with gluten-containing ingredients, so it's important that those who are unable to consume it check ingredient labels closely.

### **AVOID ALL FOOD AND DRINKS CONTAINING:**

- Barley
- Malt (including malt flavoring and maltvinegar)
- Rye
- Triticale (a cross between wheat and rye)
- Wheat (all types of wheat including whole, bromated, enriched, phosphate, self-rising)
- Alternate forms of wheat:
  - Bulgur
  - Durum
  - Farina
  - Graham
  - Kamut
  - Semolina
  - Spelt

\*Speak with your doctor or dietitian to determine if you need to avoid oats.

### **UNLESS SPECIFICALLY LABELED 'GLUTEN-FREE', AVOID:**

- Beer
- Bread and bread products like croutons, crackers and matzo
- Baked goods like cake, cookies, cupcakes, muffins, scones, doughnuts and pie
- Cereal
- Oats (if permitted per your doctor or dietitian)
- Pasta
- Soup and soup-bases
- Soy sauce

**READ INGREDIENTS AND/OR SPEAK WITH SERVERS TO ENSURE THAT NO GLUTEN-CONTAINING INGREDIENTS HAVE BEEN USED:**

- Candy
- Deep-fried foods, even if non-gluten based like French fries and tortilla chips
- Imitation meat or seafood
- Processed deli meats
- Salad dressings, sauces and gravies
- Seasoned rice mixes
- Seasoned snack foods like potato chips
- Self-basting poultry
- Any gluten-free food that has been contaminated

\*In addition to foods and beverages that may contain gluten, check that all vitamins and medications are gluten free by reading bottles, speaking to your pharmacist or calling companies directly.

**ALLOWED FOODS:**

- Fresh, unprocessed foods like beans, meat, poultry, fish, eggs, fruits, vegetables and nuts
- Most dairy products
- Gluten-free grains & flours:
  - Amaranth
  - Arrowroot
  - Buckwheat
  - Corn and cornmeal
  - Flax
  - Hominy (corn)
  - Millet
  - Potato
  - Quinoa
  - Rice
  - Sorghum
  - Soy
  - Tapioca
  - Teff

Switching to a gluten-free diet can be challenging but there are many substitutes and resources. Meet with our dietitian for additional information on how to live healthfully gluten-free.