



## Gluten Free / Celiac Diet

Gluten is a protein found in wheat, barley, rye, triticale, malt and some oats. A gluten-free diet is used to treat Celiac Disease and may be considered in patients thought to have a gluten sensitivity or diarrhea predominant irritable bowel syndrome. A gluten-free diet helps control signs and symptoms and prevent long-term complications; it is the only treatment for Celiac Disease.

### **Avoid all food and drinks containing:**

- Barley
- Malt (including malt flavoring and malt vinegar)
- 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: Cross-contamination occurs when gluten-free foods come into contact with foods that contain gluten. It can happen during the manufacturing process or during food preparation at home or in a restaurant. It is important to read labels and handle foods carefully. Always speak with servers about your dietary restrictions when dining out.

*\*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



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- 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.