

Gluten Restricted Diet

Indications:

This diet is used in the treatment of Celiac disease, nontropical sprue, or allergies to gluten in which the patient cannot tolerate foods which contain gluten. Among people who have a first-degree relative diagnosed with celiac disease, as many as 1 in 22 people may have the disease. It is especially common in persons of Italian, Irish and English ancestry, but is also found in individuals of Africa, South America, and Asian ancestry.

Description:

This diet consists of all regular foods that do not contain wheat, oats, barley, malt or rye in any form. It is very important to read labels carefully all the time and especially with any product that contains flour, emulsifier, stabilizer, hydrolyzed vegetable protein. Gluten, or any of the grains listed above, should be avoided.

At least six weeks should be allowed for improvement to be seen. Your diet should be high in vegetable carbohydrate and protein. Fiber and fat intake may need restriction until bowel function improves. Milk and milk products should be limited if lactose intolerance exists.

Adequacy:

This diet is adequate in all essential nutrients except the B complex vitamins and magnesium. However, Celiac disease can cause poor absorption of many of the nutrients present in the diet and may require calcium, iron and potassium supplements to the diet. Multivitamin supplements, including B vitamins and magnesium should be taken and they must be made with gluten free fillers.

Foods Allowed and Avoided[†]

Food Group	Foods Which Are Allowed	Foods To Avoid
Beverages	Milk, carbonated beverages, pure instant [†] and ground coffee, tea, cocoa [†] , fruit juices, carbonated drinks, wine (made in United States), rum, alcohol distilled from cereals such as gin, vodka, whiskey	Ale, beer, gin, malted beverages and malted milk, Postum, instant coffee and flavored instant coffees,, chocolate and cocoa drinks [†] , drinks made with cereal added, Ovaltine, cream substitutes, herbal teas.
Bread/Crackers	Any made from corn or cornmeal, soy or soybeans, arrowroot, potato or potato starch, wheat starch or rice flour or rice bran, buckwheat*, pea, whole-bean flour, tapioca, sago, millet, flax, teff, sorghum, amaranth, quinoa Some rice crackers and cakes, popped corn cakes made from allowed ingredients.	Bread, biscuits, rolls, muffins, waffles, pancakes, crackers, and donuts made from wheat, wheat germ, bran or bran, gluten, semolina (wheat-based) or durum flour, spelt, kamut, triticale, rye, oats and oat bran, barley or buckwheat*, bulgur, farina, bread foods, bread crumbs. Most crackers graham, rye crisp, Zwieback, rusks, pretzels
Beans and Peas, & Nuts	Dry peas and beans, nuts, peanut butter, soybeans	Processed products made with ingredients on the Avoid List

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Cereals	Any made from soy, corn, puffed corn or cornmeal, hominy or hominy grits, brown or white rice or rice flour, puffed rice, Cream of Rice, Rice Krispies, buckwheat and buckwheat groats*, millet, flax, teff, sorghum, amaranth, quinoa or quinoa flakes	All wheat, rye, oats*, triticale, barley and buckwheat* cereals or kasha, wheat germ, bran or bran cereals, malt or malt extract or malt flavoring.
Pastas	Rice, rice noodles, pastas made from allowed ingredients including: artichoke, spinach and any other food not on the avoid list.	Pastas made from ingredients above: Macaroni, noodles, spaghetti, dumplings; any prepared with cream sauce or gravy, unless made with allowed products.
Potato or Substitute	White or sweet potatoes, rice, potato chips, dried peas, beans or lentils	Some french fries if not made from fresh potatoes
Desserts	Gelatin, sherbet, homemade ice cream, junket, custard rice pudding, pudding made with cornstarch, gluten free wheat starch or tapioca.	Cakes, cookies, pastries unless homemade with ingredients that are allowed; ice cream cones, ice cream containing gluten, prepared mixes, prepared puddings; sherbets made with wheat stabilizers. Anything made with licorice.
Eggs	Any except as listed	Eggs prepared with wheat flour, some egg substitutes†.
Fat	Butter, margarine, lard cream, bacon, vegetable oil, homemade salad dressings, mayonnaise which do not contain gluten	Commercial mayonnaise or dressing containing gluten stabilizers, wheat germ, commercial ice cream which includes gluten stabilizers, ice cream cones
Fruit	Any, including one citrus daily	Some commercial fruit pie fillings, dried fruit
Meat, Fish, Poultry, & Cheese	Any fresh meat, fish, shellfish, or poultry; cold cuts or sausage made with all meat and No fillers	Meat, fish, poultry or cheese prepared with stabilizers, or fillers made of cereals or grains which are not allowed; any of the following unless marked pure; cold cuts frankfurters, sausage, meat loaf, meat patties, canned meat, breaded meats or prepared meats. Self basting turkeys.
Milk, Yogurt, & Cheese	All milk and milk products except those made with gluten additives, aged cheese, bacteria ripened cheese, processed cheese and cottage cheese that do not contain a gluten stabilizer	Malted milk, some milk drinks with ingredients to be avoided, flavored or frozen yogurt
Soup	Broth or Bouillon, homemade soups with allowed foods, homemade cream soup thickened with milk, cream cornstarch, or Potato flour.	All commercial canned soups except broth; all cream soups made with flours not allowed.

Sweets	Sugar, molasses, honey, corn syrup, jelly, jams, maple sugar, homemade candy made with allowed ingredients. Coconut, marshmallows, meringues	Commercial candy containing cereal products.
Vegetable	All, fresh, frozen vegetables are okay. Canned or prepared vegetables products or when in combined food products read the label and look to see that all ingredients are allowed. Watch for ingredients on the Avoid List, if present then avoid.	Avoid vegetable products creamed or thickened with flour that is not allowed; avoid any with bread crumbs. Avoid breaded vegetables products (unless allowed ingredients are used) and canned baked beans
Salad Dressings	Olive oil, canola oil	Commercial salad dressings, prepared soups, condiments, sauces, seasonings prepared with ingredients listed above
Miscellaneous	Spices, herbs, soy sauce, flavorings, pure chocolate, pure cocoa†, coconut, homemade catsup and chili sauce, olives, pickles, nuts, peanut butter, vinegar (cider or wine type)	Gravy and cream sauces, unless thickened with allowed products, malt flavorings, dry roasted nuts, commercial sauces, distilled vinegar.
<p>† Labels must be read with great-care. Any product containing wheat, rye, barleys, oats should be avoided. Other words to check for are flour, starch, an emulsifier stabilizer, hydrolyzed vegetable protein. Products with these words in the label may contain wheat or related gluten.</p> <p>* These foods may or may not cause symptoms. Some persons will have no problems with them, while others will. Eat with caution until you know how it will affect you.</p>		

Hints and Tips

- Read labels of every processed and refined food, precooked and packaged food you buy.
- Avoid ALL processed, refined food, precooked and packaged foods
- Use corn, rice, soy, arrowroot, tapioca, quinoa, amaranth, buckwheat, and potato flours or a mixture of them instead of wheat flours in recipes.
- Look for gluten-free products at the supermarket, health food store, via internet, or directly from the manufacturer.
- Experiment with gluten-free products, try new products to add variety to your life.
- Only buy plain unadulterated “plain” fresh meats, fish, rice, vine ripened fruits, and vegetables do not contain gluten, so people with celiac disease can eat as much of these foods as they like.
- Only buy frozen, or canned vegetables seasoned with herbs, spices, or sauces made with allowed ingredients.
- Hidden sources of gluten include additives such as modified food starch, preservatives, and stabilizers. Wheat and wheat products are often used as thickeners, stabilizers, and texture enhancers in foods.
- If you are not sure what is in a specific product you would like to eat, contact the food manufacturer for product information to determine if there are ingredients you should not eat that are not listed on the product label. Ask specifically about gluten and foods that have gluten within them, see the

Hints and Tips * (Cont'd)

Foods to Avoid List above.

- When dining out, select meat, poultry, or fish made without breading, gravies, or sauces. Ask the waiter to ask the chef to make sure you are eating no foods with gluten in it. Talk with the chef yourself.
- Avoid all commercial salad dressings and sauces unless you are absolutely sure that they contain no gluten products.
- Avoid sauces, gravies, canned fish, products with hydrolyzed vegetable protein or hydrolyzed plant protein (HVP/HPP) made from wheat protein, and anything with questionable ingredients.
- Store all gluten-free products in your refrigerator or freezer because they do not contain preservatives.
- Gluten is also used in some medications. Check with your pharmacist to see if any of your medications contain gluten.

Sample Meal Plan Menu

Breakfast Orange juice Soft cooked egg Gluten free Wheat— starch or rice Rice flour bread Butter Skim Milk Coffee, Tea	Lunch Roast Beef Whipped Potatoes Cauliflower Sliced Tomato Rice Flour Bread Butter Fresh Orange	Dinner Baked Chicken Rice Asparagus Green Salad with Vinegar & Oil Rice flour bread Homemade Custard
10 Am Snack Rice Krispies Skim Milk Sugar	3 Pm Snack Canned Peaches Skim Milk	8 Pm Snack Baked Apple

Complications Related to Celiac Disease

- Besides the symptoms of celiac disease there is an increased risk of cancer, osteoporosis, anemia, and seizures.
- The gluten-free diet is a lifetime requirement.