



Gluten Free Food Guide

Food Groups	Foods Allowed 😊	Foods To Avoid ☹️
<i>Breads/Grains</i>	<ul style="list-style-type: none"> - Cornflakes, cornmeal, hominy, rice - Puffed rice, Cream of Rice, Rice Krispies - Made from rice, corn, soybean flour or gluten free wheat starch, arrowroot, and tapioca - Homemade broths, vegetable or cream soups made with allowed ingredients 	<ul style="list-style-type: none"> - Wheat, rye, oatmeal, barley, wheat germ, Kasha, macaroni, noodles, spaghetti, chips, crackers, cereals containing malt flavorings, buckwheat, bran or bulgur - Prepared cake, bread, pancake or waffle mixes, and any made with wheat, rye, barley or oats - Commercially prepared soups made with rye, Wheat, oats, or barley products; broth, bouillon and soup mixes
<i>Fruits/Vegetables</i>	<ul style="list-style-type: none"> - All, except items listed to avoid 	<ul style="list-style-type: none"> - Any thickened/prepared (i.e., pie fillings). - Any creamed or breaded vegetables
<i>Milk/Dairy</i>	<ul style="list-style-type: none"> - All, except items listed to avoid 	<ul style="list-style-type: none"> - Commercial chocolate milk w/ cereal addition - Malted milk, instant milk drinks, hot cocoa - Nondairy cream substitutes - Processed cheeses, cheese foods and spreads containing a gluten source - Cheese containing oat gum
<i>Meat/Meat Substitutes</i>	<ul style="list-style-type: none"> - Any plain products including eggs 	<ul style="list-style-type: none"> - Any prepared with stabilizers/fillers, such as frankfurters, lunch meats, sandwich spreads, sausages and canned meats - Breaded fish or meats - Poultry prepared with hydrolyzed or textured vegetable protein (HVP,TVP). READ LABELS!
<i>Desserts/Sweets</i>	<ul style="list-style-type: none"> - Gelatin desserts & ices, homemade ice cream, custard, junket, rice pudding - Cakes, cookies and pastries prepared with gluten free wheat starch - Syrup, jelly, jam, hard candies, molasses and marshmallows 	<ul style="list-style-type: none"> - All others, unless labeled gluten-free. READ LABELS!
<i>Drinks</i>	<ul style="list-style-type: none"> - Carbonated beverages, fruit juices, tea, coffee, and decaffeinated coffee to which no wheat flour has been added 	<ul style="list-style-type: none"> - Postum, Ovaltine, ale, beer, root beer
<i>Other</i>	<ul style="list-style-type: none"> - Herbs, spices, pickles, vinegar, syrups, sugar, popcorn, molasses, potato chips, jelly, jam, honey, corn syrup - Butter or fortified margarine 	<ul style="list-style-type: none"> - Commercial salad dressings except pure mayonnaise (READ LABELS!) - Any foods prepared with wheat, rye, oats, barley, buckwheat, some ketchup, chili sauce, soy sauce, mustard, horseradish - Some dry seasoning mixes, pickles, distilled white vinegar, steak sauces, and stabilizers, sauces, and gravies made with gluten sources - Some chewing gums, chip dips, malt or malt flavoring unless derived from corn or baking powder

Facts About Gluten Free Eating



What Is Gluten?

Gluten is a natural protein found in certain grains such as wheat, barley, rye and some oats. Foods that are made with these grains also contain gluten—that includes foods like bagels, breads, bulgur, cakes, cereals, cookies, crackers, pasta, pizza, soups and more.

FACT: One out of every 133 people in the US has celiac disease.

Why the Concern about Gluten?

About three million Americans suffer from a serious medical condition called celiac disease. For someone with this disease, eating gluten-containing foods causes damage to the lining of the small intestine (where foods go after they have been eaten and digested). This damage makes it very difficult for the body to absorb nutrients from foods. Over time this damage can lead to malnourishment and possibly other complications.

While there is no cure for celiac disease, the good news is that eating gluten free is the best way to prevent further damage to the small intestine.

Others, who have a gluten sensitivity or make a personal choice, may also choose to eat gluten free.

FACT: Celiac disease runs in families. Children and siblings of someone with celiac disease often develop the disorder.

Healthy Gluten Free Eating

People who follow a gluten free diet can enjoy a variety of foods, including:

- Fresh, plain beef, pork & lamb
- Fresh, plain fish and shellfish
- Fresh, plain chicken & turkey
- Eggs and milk
- Rice, corn, lentils & dried beans
- Nuts and seeds
- Fruits and vegetables

These foods are generally free of gluten, unless it was added in processing.

DID YOU KNOW? There are more than 2,000 gluten free foods available in US grocery stores.



Surprisingly, gluten can be found in foods where you might not expect it. These ingredients *may* contain gluten:

- Flavorings
- Hydrolyzed vegetable protein
- Marinades, modified food starch
- Salad dressings
- Sauces
- Seasonings
- Seasoned rice mixes
- Soups
- Soy sauce

The best way to know if a food contains gluten is to read the ingredients label.

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Grains, Flours and Starches that Contain Gluten

Barley	Farina	Oats*
Binders and extenders	Farro	Oat (bran, syrup)*
Bulgur	Fu	Orzo
Chapatti flour (atta)	Gluten, gluten flour	Rye
Couscous	Graham flour	Seitan
Dinkel	Kamut	Semolina
Durum	Malt (extract, flavoring, syrup, vinegar)	Spelt
Einkorn	Matzoh (meal, farfel, flour)	Triticale
Emmer		Wheat (bran, flour, germ, gluten, starch)

**According to the Celiac Disease Foundation, recent studies suggest that pure, uncontaminated oats consumed in moderation can be tolerated by most people with celiac disease. Check with your doctor or dietitian to find out if this is right for you.*

Gluten Free Caution

Exercise caution, even with foods labeled "gluten free." In some countries, like the U.S. and Canada, the government has issued standards for "gluten free." Not all countries have done that, so the safest action is to contact food manufacturers about ingredients. If you have questions or concerns, be sure to check with your healthcare provider.

For More Information:

For more information about eating with celiac disease, contact the following organizations:

- The Celiac Disease Foundation** www.celiac.org
- The American Dietetic Association** www.eatright.org
- Celiac Disease at Mayo Clinic** www.mayoclinic.org/celiac-disease
- Canadian Celiac Association** www.celiac.ca
- Celiac Sprue Association** www.csaceliacs.org

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