

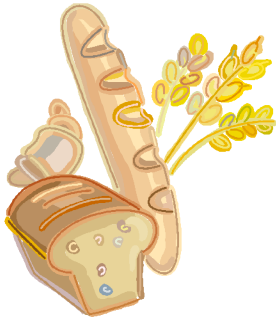
# WHAT IS CELIAC DISEASE?

Celiac disease is a genetically inherited autoimmune disease that affects the lining of the small intestine. These individuals have sensitivity to proteins found in the grains wheat, rye, and barley. When they consume foods with these grains or products of these grains it damages the small intestine lining, and makes it difficult for them to absorb essential nutrients. Individuals with this diagnosis should follow a gluten-free diet to allow the intestine to heal and prevent further damage.

## Grains to Avoid in a Gluten-Free Diet:

- **Wheat:** All varieties such as Spelt, Kamut, Einkorn, and Emmer; all forms such as wheat starch, wheat bran, wheat germ, cracked wheat, and hydrolyzed wheat protein.
- **Rye**
- **Barley:** All forms such as malt, malt flavoring, and malt extract

## What to Look For on A Food Label:



### Other Terms for Wheat:

Bromated Flour	Graham Flour
Bulgur	Phosphated Flout
Durum Flour	Plain Flour
Enriched Flour	Self-Rising Flour
Farina	Semolina
Flour	White Flour
Gluten Flour	

### Food Products and Ingredients Made From Barley:

Beer, ale, porter, stout, and other fermented beverages  
Malt  
Malt Syrup  
Malt Extract  
Malt Beverages  
Malt Vinegar



### Processed Foods That May Contain Harmful Grains Check the Food Label!!!

Bouillon Cubes	Matzo, Matzo Meal
Brown Rice Syrup	Rice Mixes
Candy	Sauces (Soy, BBQ)
Cold Cuts, hot dogs, salami, sausage	Seasoned Chips
Communion Wafers	Self-basting turkey
French Fries	Soups
Gravies	Vegetables in Sauce
Imitation Fish	

# WHAT ON EARTH CAN I EAT?

It may seem frustrating at first to find foods that are safe for you to eat, but don't get discouraged! There are numerous items that are safe on a gluten-free diet. It just takes some initial research on your part.

## Grains That Are Considered Safe on a Gluten-Free Diet:

- Rice
- Corn
- Millet
- Amaranth
- Buckwheat
- Quinoa
- Wild Rice
- Other flours and starches used in gluten-free products include arrowroot, beans, cassava, flax, lentils, nuts, peas, potato, sago, seeds, soy, tapioca, and yucca.



**These foods are typically made gluten-free,  
but remember to ALWAYS check the food label!!!**

Plain Brown Rice	Taco Shells
Plain Enriched Rice	Unseasoned corn tortilla chips
Plain Specialty Rice (Basmati, Jasmine)	Grits
Rice Cakes (not all are gluten-free)	Plain Popcorn
Rice Crackers (not all are gluten-free)	Polenta
Plain Rice Noodles	Quinoa
Corn Tortillas	Buckwheat

## Breakfast Ideas:

- Gluten-free Rice Cakes with Peanut Butter and a sliced Banana
- Omelet with low-fat cheddar cheese and diced red and green peppers
- Low-fat Yogurt with blueberries and plain sliced almonds
- Gluten-free waffles topped with blueberries and pure maple syrup
- Whole grain or fortified gluten-free cereal mixed with low-fat yogurt
- Poached Egg or scrambled egg on whole grain or enriched gluten-free toast



## Lunch Ideas:

- Tuna Melt- gluten-free bagel or bread topped with tuna salad and melted low-fat cheese; and gluten-free rice noodle soup
- Mixed salad with tomato, green beans, corn, and avocado topped with oil and vinegar and gluten-free croutons
- Cheese quesadilla made with gluten-free corn tortillas, with fresh tomato salsa and guacamole
- Nachos made with plain tortilla chips, black beans, diced veggies, salsa, and low-fat cheese
- Chicken Salad served over greens with gluten-free crackers

## Dinner Ideas:

- Tacos made with gluten-free corn tortillas filled with chicken, fish, or beans, and veggies
- Shrimp and veggie stir-fry (made with gluten-free soy sauce) served over brown rice, enriched white rice, brown rice noodles, or quinoa

- Grilled Salmon, baked potato topped with sautéed mushrooms and salad with oil and vinegar
- Gluten-free pizza crust topped with tomato sauce, low-fat mozzarella, and veggies

#### Snack Ideas:

- Gluten-free pumpkin muffin and low-fat milk
- Gluten-free pretzels and peanut butter or GF crackers
- Gluten-free energy bar
- Trail mix made with plain almonds, raisins, and plain sunflower seeds
- Gluten-free rice crackers with peanut butter or low-fat cheese
- Sliced apples and low-fat cheddar cheese or low-fat yogurt



Many companies sell gluten free foods on-line and grocery stores are beginning to carry more products!



### What Do I Do When Eating Out?



- When eating at other people's homes, be sure to let them know ahead of time your diet restrictions. Help your host by bringing a gluten-free dish!
- When eating at restaurants, bring your own gluten-free bread/rolls, etc. Many restaurants will substitute the customer's gluten-free food when making a sandwich or pizza.
- The "safest" choices at a restaurant will be plain foods without added breading, sauces, marinades, or gravies. One example: broiled scallops with lemon, baked potato with butter and chives, and steamed broccoli.
- Before ordering French fries, ask if the same oil is used to fry breaded foods, such as onion rings. Also, ask if your food will be cooked on the same surface as breaded products, such as hamburger buns.

### Website Resources:

- American Dietetic Association [www.eatright.org](http://www.eatright.org)
- Celiac Disease and Gluten Free Diet Support Center [www.celiac.com](http://www.celiac.com)
- Food and Nutrition Information Center [www.nal.usda.gov/fnic](http://www.nal.usda.gov/fnic)