

Gluten Free Diet

What is Gluten?

Gluten is the common name for the storage protein found in wheat, rye and barley

Gluten containing foods

Breads, pastas, flour, cereal, beer, and certain grains

Naturally GF foods

Proteins, beans, legumes, fruits, and vegetables

Read labels

Look for hidden sources of gluten. Do not assume that just because a product is a naturally GF food is it is free from gluten

Avoid cross contamination

Store all GF in a separate labeled container, use squeeze bottles for condiments and salad dressings, separate butter, jams and peanut butter containers and label them, avoid bulk-bins in grocery stores

Nutrition Concerns

Most GF foods are low in fiber, B vitamins, Iron and protein. Try to choose whole grain GF foods whenever possible like brown rice, quinoa, millet, pure oats, flax meal, & beans

Other Tips

-Use GF bread to make breadcrumbs & GF gingersnaps for piecrusts
-Call ahead to restaurants to check for a GF menu-or check online before going out to eat
-Check with your pharmacist about your medications
-Check manufactures web site for make-up, shampoo, lotions, etc

Foods to Avoid

Barley	Oats-commercial
Bulgur	Couscous
Durum	Einkorn*
Emmer*	Farro*
Kamut*	Rye
Malt, malt extract, malt flavoring	Spelt *
Semolina	Wheat germ
Triticale	Wheat
Wheat starch	Wheat bran
	* ancient grains

Non-gluten Grains, seeds, flours, & starches

Arrowroot	Amarath
Buckwheat	Corn
Flax	Millet
Quinoa	Rice bran
Sorghum	Sweet potato flour
Tapioca	Teff
Legume flours-bean, chickpea, lentil, pea	
Nut flours-almond, hazelnut, pecan	
Rice-black, brown, white, wild	
Soy-tofu, edamame-not soy sauce	

Common Hidden Sources of Gluten

- Corn and rice cereals can be made with malt extract- look for GF versions
- Sauces, soy sauce (look for tamari), salad dressings, marinades
- Seasonings, specialty prepared mustards
- Imitation bacon bits
- Breeding, stuffing, gravy
- Soup, soup bases, broth, bouillon cubes
- Meat loaf, meatballs, sausages, hot dogs, other processed meats, burgers (beef, chicken, fish), sushi
- Meat substitutes (vegetarian burgers, textured vegetable protein, seitan) (added vital gluten to them)
- Self-basting poultry, imitation seafood
- Baked beans (can be thickened with corn starch or wheat flour), dry roasted or flavored nuts
- Seasoned rice mixes and pilafs
- Seasoned potato chips (Pringels), corn chips, & other snack foods
- Chocolate bars, chocolates, licorice
- Flavored or herbal teas, flavored coffees, coffee substitutes
- Beer, ale and lager
- Communion wafers-catholic church will not substitute with GF version other faiths will
- Make-up, vitamins

Gluten Free Diet

Apps:

1. AllergyEats (Free): This app for iPhone and Android users includes a database of restaurants that cater to those with celiac disease, gluten sensitivity, and food allergies.

2. Eating Out G-Free (Free): This iPhone app is meant to accompany Elisabeth Hasselbeck's best-selling book *The G-Free Diet*.

3. Gluten Free and Allergy Free Travel Checklists (\$1.99): Available for both iPhone and Android users, this travel checklist is a great aid for travelers who need to eat gluten- or allergen-free foods.

4. Gluten Free Registry (\$1.99 for iPhone, \$0.99 for Android): Available for both iPhone and Android, the Gluten Free Registry is a handy database of gluten-free restaurants, coffeehouses, grocers, caterers, and more.

5. Is that Gluten Free? (\$7.99): This iPhone app features a database of 23,000 gluten-free products making it a great app for grocery store shopping.

7. The Gluten Detective (\$1.99): This app, developed by the Academy, is an easy tool to help users determine whether a food contains gluten.

Dinning Out

Always call ahead or check on line for a gluten free menu.

131 Main	Mama Fu's
300 East	Mama Ricottas
Basil Thai	Mellow Mushroom
Bad Daddy's	Midwood Smokehouse
Big View Diner	Mimosa Grill
Blue	Morton's
Bonefish Grill	Nolen's Kitchen
BrickTops	Outback Steakhouse
Brio's Tuscan Grille	Pacos Tacos
Brixx	Red rocks café
Cantina 1511	Rooster's wood fired Kitchen
Carrabba's Italian Grill	Tupelo Honey
Cowfish	Toast Cafe
Fern	Upstream
Firebirds	Vapianos
Fuel Pizza	Vida Cantina
Harpers	Village Tavern
Illios Noche	Vivace
Jason's Deli	Zada Janes
Lorenzo's Pizzeria	Zen Fusion
Luna's Living Kitchen	Zoe's Kitchen

Resources

Celiac Disease Foundation
www.celiac.org
Canadian Celiac Association
www.celiac.ca
Living Without Magazine
www.livingwithout.com
The Fresh 20
www.thefresh20.com

Kerry Barbera

kerrybbarbera@gmail.com

Gluten Free Diet

Gluten Free Shopping Guide

Most grocery stores have their gluten free items clearly marked.

Trader Joes has a printout of their GF products at their stores and Whole Foods you can find on line

<https://www.wholefoodsmarket.com/service/gluten-free-products-list>

Remember to always read labels and look for the GF symbol.

Whole Foods carries a whole product line from breads, cookies, pizza crusts made in their own GF bakery located in Mooresville. They can be found in their freezer section.

Fruits

ALL fresh fruits

ALL frozen whole fruits with no additives

Vegetables and Legumes

ALL fresh vegetables

ALL frozen vegetables with no additives, breading, or sauces

*Beans, canned

Beans, lentils, and peas, dried

Olives

Potatoes (all varieties)

*Pumpkin, canned, 100% pure puree

Seafood

ALL fresh fish and shellfish

ALL frozen fish and shellfish with no additives or sauces

Lean Proteins

ALL Fresh meats and poultry with no breading or additives

ALL frozen meats and poultry with no breading or additives

Eggs

Tofu

Nuts and Seeds (Preferably Unsalted)

ALL natural nut butters

ALL nuts

ALL seeds (except rye and barley)

Grains, Cereals, Pasta, and More

Amaranth

Arrowroot starch

Buckwheat

*Cereals, dry: puffed and flake varieties made with amaranth, buckwheat, corn, millet, rice, or

soy

*Cereals, hot: cream and flake varieties made with amaranth, cornmeal, buckwheat, hominy grits, rice, quinoa, or soy

Corn bran

Corn chips, plain

Corn flour/corn meal products
Crackers, gluten-free (such as brown rice, corn, and lentil)

Flour: amaranth, buckwheat, carob, chickpea, lentil, millet, potato, quinoa, rice, sago, sorghum, soy, tapioca, teff

Grits (corn or soy)

Masa

Millet

Pasta made from beans, brown rice, corn, peas, potato, quinoa, lentils, or soy

Polenta

*Popcorn, air-popped and gluten-free packaged varieties
Potato chips, plain or *flavored
Quinoa

Rice (preferably brown or wild)

Rice cakes, plain

*Soba, 100% buckwheat

Sorghum

*Soy crisps

*Tacos shells made with corn, hard and soft

Tapioca starch/flour

Teff

*Tortillas made with corn, soy, or brown rice

Tortilla chips, plain or *flavored

Dairy

*Cheese (preferably reduced-fat), not blue cheese

*Cottage cheese (preferable fat-free or 1% low-fat)

*Cream cheese (preferably reduced-fat)

*Ice cream (check labels; ingredients will vary from flavor to flavor)

Milk (preferably fat free or 1% low-fat)

*Milk alternatives (soy, almond, rice)

*Sour cream (preferably fat-free or reduced-fat)

*Yogurt (preferably fat-free or low-fat)

Miscellaneous

ALL pure herbs (check ingredients of *herb mixes)

ALL pure spices (check ingredients of *spice mixes)

Apple cider vinegar

Baking chocolate

Baking powder

Baking soda

Canola oil

Cocoa powder

Coffee, instant and ground (check ingredients of *flavored coffees)

Corn syrup

Cornstarch

Cream of tartar

Garlic

Gelatin

Honey

*Hummus (check labels; ingredients will vary from flavor to flavor)

Jam and jelly

*Ketchup

Maple syrup

*Mayonnaise (preferably reduced-fat)

Molasses

Gluten Free Diet

*Mustard
Olive oil
Pickles
Relish
*Salsa
*Soft tub, trans fat-free spread (regular and reduced-fat)
Sugar
Tea, black and green (check *flavored and herbal tea varieties)
Vanilla and other extracts
Vinegar, balsamic, red wine, or white
Wine, red and white

Whole Grains

CEREALS

"Nature's Path" Gluten-Free Cereals: Whole O's, Crunchy Maple Sunrise, Crunchy Vanilla Sunrise & Mesa Sunrise
"Arrowhead Mills" Organic Maple Buckwheat Flakes
"Erewhon" Gluten-Free Crispy Brown Rice Cereal: Regular & Mixed Berries
"Barbara's Bakery" Puffins – Honey Rice variety
"Barbara's Bakery" Brown Rice Crisps
"Kellogg's" Gluten-Free Brown Rice Rice Krispies
Corn or Rice Chex
"Bob's Red Mill" Gluten-Free Mighty Tasty Hot Cereal
"Bob's Red Mill" Certified Gluten-Free Rolled Oats
"Simpli" Gluten-Free Oatmeal
"Bakery on Main" Gluten-Free Instant Oatmeal

BREADS

Great Harvest Bread Company
"Udi's Bread" Whole Grain variety and Chia Millet variety
"Ener-G Bread" Seattle Brown Loaf and Brown Rice Loaf
"Food for Life" "Wheat & Gluten Free" Whole Grain Brown Rice Bread,
Rice Almond Bread & Raisin

Pecan Bread
"Canyon Bakehouse" Cinnamon Raisin Bread
"Bob's Red Mill" Hearty Whole Grain Bread Mix

CRACKERS

"Mary's Gone" Crackers
"Crunchmaster" Multi-Seed Crackers
Food is so good
Rice works

PASTAS

"Deboles" Pastas (Multigrain varieties)
"Hodgson Mill" Gluten-Free Brown Rice Pastas
"Jovial Brown" Rice Pastas
"Ancient Harvest" Quinoa Pastas
Tinkyáda
Trader Joe's Brown Rice Pasta

SNACK BARS

"Lara" Bars
"Kind" Bars
"Glenny's" Snack Bars
"Bakery on Main" Gluten-Free Granola Bars
"Enjoy Life" Chewy Bars

PANCAKES & WAFFLES

"Pamela's" Baking & Pancake Mix
"Van's" Gluten-Free Waffles (especially *Buckwheat and *Flax varieties)
Bob Redmill's

BEER & CIDER

Greens, Bards, Omission, Redbridge, Angry orchid, & Woodchuck cider

SAFE (GLUTEN-FREE)

ADDITIVES

Acacia gum
Adipic acid
Agar
Algae

Algin/alginate
Allicin
Annatto
Arabic gum
Arrowroot
Ascorbic acid
Aspartame
Aspic
Astragalus gummifer
Benzoic acid
BHA
BTA
Dextrose
Ester gum
Fructose
Guar gum
Locust bean gum
Malic acid
Methylcellulose
Microcrystallin cellulose
Pectin
Pepsin
Stearic acid
Sulfites
Tapioca starch/flour (not pudding)
Whey (pure whey protein powder- be concerned about some versions of whey protein that contain peptide bound glutamine derived from wheat protein)
Xanthan gum

* The asterisk (*) indicates foods whose labels need to be carefully checked for gluten.

When in doubt call the manufacturer or check on-line. Always look for the GF symbol.



Shopping guide adapted from joybauer.com