

Gluten-Free Diet Plan

used for Celiac Disease, Celiac Sprue, Gluten-Sensitive Enteropathy, & Nontropical Sprue

- May help control the disease and may see results as early as 3 to 6 days.
- Eliminates the foods that cause damage as wheat, rye, barley, oats and any foods made with or from these ingredients.
- Celiac Disease damages your intestine and prevents normal absorption of nutrients from food.

what do I need to do?

- Read food labels carefully!
 - Avoid wheat, rye, barley, oats, malt flavoring, barley malt, ales, beers, drink mixers, croutons, stuffing, roux, breading, pasta, flour, Communion wafers, coating mixes, broth, sauces, imitation seafood, marinades, thickeners, imitation bacon, vegetable gum, Dextrin, self-basting poultry, brown rice syrup (may contain barley), soy sauce, hydrolyzed vegetable protein (HVP), hydrolyzed plant protein (HPP), modified food starch, monoglycerides & diglycerides (often in dry goods), avoid all unless gluten free.
 - Call the number on the label.
- Use caution when using medications
 - Check out www.glutenfreedrugs.com or ask your pharmacist about toothpaste, and multivitamin.
 - Wheat Free is not gluten free
- Safety of oats – pure, uncontaminated oats
 - For adults – ½ cup per day
 - For children – ¼ cup per day



Meats & Eggs Choose plain eggs, poultry, fish and meats without fillers. (Hormel®, most Boar’s Head, and Oscar Meyer® products). Avoid- breaded meats, seafood/poultry cakes, croquettes, patties, loaves, sauces, gravies, bread crumbs, individually frozen fish (may be dusted with flour), imitation seafood, imitation meats, hydrolyzed protein in tuna, processed meats with gluten added, marinated or self-basted meats & seasoning mixes.

Soy Products Choose- Tofu, Edamame, & plain tempeh; Avoid- seasoned tofu & tempeh.

Milk, Yogurt, Cheese & Desserts Choose- plain unflavored milk, buttermilk, cream, half & half, lactose-reduced milk, puddings thickened with cornstarch, some ice creams, Kozy Shack® puddings, sorbet, popsicles, Italian Ice, aged cheeses (Swiss, cheddar, gouda, edam, parmesan, & other natural cheeses). Avoid- Cheese spreads, cottage cheese, cheese product, veined cheese, milk additives & mixes, yogurts with additives or toppings, & some flavored milks.

Soups Choose- homemade soups with ingredients allowed, Herb-Ox® bouillon. Avoid- bouillon that contains gluten, soups containing pasta, wheat, barley, noodles & textured vegetable protein/TVP.

Breads, Grains, Cereals, Crackers, & Flours Choose- Rice or corn cereals, breads, cakes, cookies, rice wafers, crackers made with tapioca, corn, arrowroot, sorghum, amaranth, quinoa, millet, buck wheat, rafi, teff, Job’s tears, flax, potato, cornstarch, yeast, soybean, bean flours (fava or garbanzo), poha or rice flakes, polenta, nut flours, sago flour & Montina® tapioca. Avoid- low gluten & carob-soy flour; buckwheat, tabbouleh, or cornmeal with flour added; durum, semolina, kamut, farina, spelt, graham, triticale, wheat germ, couscous, bulgur, & flour tortillas, pie crust, some donuts, & ice cream cones.

Rice, Potatoes & Starches Choose- plain potatoes, yams, sweet potatoes; plain wild, brown or white rice; enriched rice, plain French fries; corn, quinoa, or rice pasta; hominy, corn tortillas, yucca, and glutinous rice. Avoid- noodles, wheat starch, regular pasta, commercial rice with a flour coating, commercial rice or potato products with gluten containing ingredients or seasoning packets. Rice syrup may contain a barley enzyme that is not gluten-free.

Chips, Crackers, & Popcorn Choose- plain corn meal chips, chips, & popcorn. Avoid- Crackers, pretzels, & chips with gluten containing ingredients.

Vegetables Choose- plain fresh, frozen, or canned. Avoid- breaded & vegetables gluten-containing gravy or sauce.

Fruit & Fruit Juices Choose- plain fresh, canned or frozen fruits and fruit juices, & plain dried fruits. Avoid- Pie fillings, dried or canned fruits with fillers added or dusted with flour.

Baking Ingredients Choose- cream of tartar, yeast, baking powder, baking soda, Hershey’s® chocolate, butterscotch baking chips; Avoid- grains sweetened with vegan chocolate chips & carob.

Fats, Nuts, Nut Butters, Seeds & Miscellaneous Choose- margarine, butter, vegetable cooking oils, cream cheese, mayonnaise; plain or natural peanut butter, almond or cashew butter, plain nuts; sunflower, poppy or sesame seeds, & coconut; xanthan gum, & gluten-free lipstick.. Avoid- cream sauce thickened with flour, some nondairy cream substitutes, salad dressings, sandwich spreads; dry roasted nuts, nut butters with gluten containing ingredients.

Beans & Legumes Choose- lentils, beans (black, lima, pinto, kidney, and garbanzo); frozen, fresh or dried beans with no sauces. Avoid- some canned baked beans.

Condiments, Candies & Sweets Choose- sugar, honey, non-buttered syrup, molasses, most jellies & jams, plain hard candy, gum drops, marshmallows, candy (Rolo®, 3 Musketeers®, Almond Joy®, Andes Mints®, M & M’s®, Snickers®, & most Hershey® brands; salsa, mustard, catsup, pure maple syrup, Lea & Perrin® products, corn syrup, & vinegar (distilled, apple, balsamic, wine & rice). Avoid- commercial sauces (chili, BBQ, Worcestershire), soup bases, malt vinegar, & horseradish; licorice, chewing gum may be dusted with flour, & chocolate covered nuts.

Seasonings Choose- plain herbs & spices, salt, pepper, sugars (brown & white), Splenda®, Sweet-N-Low® & Equal®.

Beverages Choose- tea, coffee, colas, pure cocoa powder, sports drinks, wine, distilled liquor, tequila, gin, & lequeurs. Avoid- some flavored instant coffee mixes & herbal teas, cappuccino mixes, Postum®, & Ovaltine®.

Soy Beverages Choose- Westsoy®- Lite Soy Beverage, Plus Soy Beverage, & Non Fat Soy Beverage; & White Wave Silk Soy Milk.