

GLUTEN-FREE DIET | Quick-Start Guide

Here is a simple overview of the gluten-free diet. Not all areas of the diet are as clear-cut as portrayed by this guide. This is intended to be used as a temporary survival tool until additional information can be obtained. Understanding these dietary requirements will enable the newly diagnosed to read labels of food products and determine if a product is gluten free.

Celiac disease is a life-long genetic disorder affecting children and adults. When people with celiac disease eat foods that contain gluten, it creates an immune-mediated toxic reaction that causes damage to the small intestine. This does not allow food to be properly absorbed. Even small amounts of gluten in foods may affect those with celiac disease and cause health problems. Damage can occur to the small bowel even in the absence of symptoms.

Gluten is the generic name for certain types of proteins contained in wheat, barley, rye and their derivatives.

Research indicates that pure, uncontaminated oats consumed in moderation (up to ½ cup dry oats daily) are tolerated by most celiacs. Gluten-free oats are currently available in the United States. Consult your physician or dietitian before including oats in your diet and for regular monitoring.

➔ Grains **allowed**

Rice, Corn (Maize), Soy, Potato, Tapioca, Beans, Garfava, Sorghum, Quinoa, Millet, Buckwheat, Arrowroot, Amaranth, Teff, Montina, Flax and Nut Flours.

➔ Grains **not allowed in any form**

Wheat (Einkorn, Durum, Faro, Graham, Kamut, Semolina, Spelt), Rye, Barley and Triticale.

➔ Foods/products that **may contain gluten**

Beers, Ales, Lager
Breeding & Coating Mixes
Brown Rice Syrup
Communion Wafers
Croutons
Dressings
Drugs & Over-the-Counter Medications
Energy Bars
Flour & Cereal Products
Herbal Supplements
Imitation Bacon
Imitation Seafood

Marinades
Nutritional Supplements
Pastas
Processed Luncheon Meats
Sauces, Gravies
Self-basting Poultry
Soy Sauce and Soy Sauce Solids
Soup Bases
Stuffings, Dressings
Thickeners (Roux)
Vitamins & Mineral Supplements

➔ How about alcohol?

Distilled alcoholic beverages and vinegars (**except** malt vinegar) are gluten free. Distilled products do not contain any harmful gluten peptides. Wine and hard liquor beverages are gluten free. **Unless labeled otherwise, beers, ales and lagers are NOT gluten free.**

Always read the label

The key to understanding the gluten-free diet is to become a good label reader. Don't eat foods with labels that list questionable ingredients unless you can verify they do not contain or are not derived from prohibited grains. Labels must be read every time foods are purchased. Manufacturers can change ingredients at any time. As of 2006, wheat used in products is identified on the label. In August 2014, the FDA's gluten-free labeling guidelines take effect. Products bearing "gluten free" on the package must contain less than 20ppm gluten.

Be a food detective



Call First

You can verify ingredients by calling or e-mailing a food manufacturer and specifying the ingredient and the lot number of the food in question. State your needs clearly—be patient, persistent and polite.

If In Doubt, Go Without

Don't eat a food if you are unable to verify the ingredients or if the ingredient list is unavailable. Regardless of the amount eaten, if you have celiac disease, damage to the small intestine occurs every time gluten is consumed, whether symptoms are present or not.

Wheat Free Is Not Gluten Free

Products labeled wheat free are not necessarily gluten free. They may still contain spelt, rye or barley-based ingredients that are not gluten free. Spelt is a form of wheat.

Keep in mind

Starting the gluten-free diet before being tested for celiac disease makes an accurate diagnosis difficult.

The people with the answers

Living Without's
Gluten Free & More
GlutenFreeandMore.com

- recipes, recipes, recipes
- expert advice
- latest research



Gluten Intolerance Group
31214 124th Ave. SE
Auburn, WA 98092
253-833-6655 gluten.net

Celiac Disease Foundation
20350 Ventura Blvd., Ste 240
Woodland Hills, CA 91364
818-716-1513 celiac.org

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VISIT GLUTENFREEANDMORE.COM TO PURCHASE WALLET-SIZED GLUTEN-FREE DINING CARDS.