

Gluten-Free Diet

What is a Gluten-Free diet?

The Gluten-free diet is a one that eliminates the protein gluten. Gluten is a protein found in wheat, barley, rye, and triticale (a cross between wheat and rye).

What is the purpose?

This diet is essential for managing signs and symptoms of celiac disease and other medical conditions associated with gluten. Celiac disease is a condition in which gluten triggers immune system activity that damages the lining of the small intestine. Over time, this damage prevents the absorption of nutrients from food. Celiac disease is an autoimmune disorder that causes side effects such as diarrhea, abdominal bloating, weight loss, and fatigue. Once you have removed gluten from your diet, symptoms should gradually disappear. Keeping a strict gluten-free diet is a lifelong necessity for people with celiac disease. Following the diet and avoiding cross-contamination results in fewer symptoms complications of the disease.

Diet Details

Following a gluten-free diet requires paying careful attention to food selections, the ingredients found in foods, and their nutritional content.

Examples of foods that are allowed:

- Beans, seeds, legumes, and nuts in their natural, unprocessed form
- Fresh eggs
- Lean, non-processed meats, fish, and poultry (no breading, marinating or batter-coated)
- Fruits and vegetables
- Most low-fat dairy products

Grains, starches, or flours that can be part of a gluten-free diet include:

- Amaranth
- Arrowroot
- Buckwheat
- Corn - cornmeal, grits, and polenta labeled gluten-free
- Flax
- Gluten-free flours (rice, soy, corn, potato, bean flours)
- Hominy (corn)
- Millet
- Rice, including wild rice
- Quinoa
- Soy
- Tapioca (cassava root)
- Teff

Grains not allowed:

Avoid all foods and drinks containing the following:

- Wheat
- Barley
- Rye
- Triticale
- Oats, in some cases

While oats are naturally gluten-free, they may be contaminated during production with wheat, barley, or rye. Oats and oat products labeled gluten-free have not been cross-contaminated. Some people with celiac disease, however, cannot tolerate the gluten-free-labeled oats.

Wheat terms to know

There are different varieties of wheat, all of which contain wheat gluten:

- Durum
- Einkorn
- Emmer
- Kamut
- Spelt

Wheat flours have different names based on how the wheat is milled or the flour is processed. All the following flours have gluten:

- Enriched flour with added vitamins and minerals
- Farina, milled wheat usually used in hot cereals
- Graham flour, a coarse whole-wheat flour
- Self-rising flour, also called phosphate flour
- Semolina, the part of milled wheat used in pasta and couscous

In general, avoid the following foods unless they are labeled as gluten-free or made with corn, rice, soy, or other gluten-free grain:

- Beer, ale, porter, stout (usually contain barley)
- Breads
- Bulgur wheat
- Cakes and pies
- Candies
- Cereals
- Communion wafers
- Cookies and crackers
- Croutons
- French fries
- Gravies
- Imitation meat or seafood
- Malt, malt flavoring and other malt products (barley)
- Matzo
- Pastas

- Hot dogs and process lunchmeats
- Salad dressings
- Sauces, including soy sauce (wheat)
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Self-basting poultry
- Soups, bouillon, or soup mixes
- Vegetables in sauce

IT IS IMPORTANT TO NOTE THAT THIS DIET MAY RESULT IN HAVING A LOWER INTAKE OF CERTAIN VITAMINS AND NUTRIENTS SUCH AS IRON, CALCIUM, FIBER, THIAMIN, RIBOFLAVIN, NIACIN AND FOLATE.

Reviewing your diet with your health care provider will ensure that you are getting enough of these key nutrients.