



GLUTEN FREE DIET – A 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. When removing gluten from the diet, guidance from a qualified health professional is strongly recommended.

Celiac disease is a lifelong genetic disorder affecting children and adults. When people with celiac disease eat foods that contain gluten, it creates an immune mediated toxic reaction that can cause 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 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 with Dr. Kat before including oats in your diet.

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 ready every time foods are purchased. Manufacturers can change ingredients at any time. Wheat used in products is identified on the label.

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 emailing 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 labelled 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.

Grains NOT ALLOWED in any form:

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

Grains allowed:

- Rice, Corn (maize), soy, potato, tapioca, beans, garfava, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff, montina, flax and nut flours.
- Food Products that MAY contain gluten:
- Beers, Ales, Lager
- Breading and Coating Mixes
- Brown Rice Syrup
- Communion Wafers
- Croutons
- Dressings
- Drugs and OTC medication
- Energy Bars
- Flour + Cereal Products
- Herbal Supplements
- Imitation Bacon
- Imitation Seafood
- Marinades
- Nutritional Supplements
- Pastas
- Processed Lunch Meat
- Sauces + Gravy
- Self-Basting Poultry
- Soup Bases
- Soy Sauce and Soy Sauce Solids
- Stuffing + Dressings
- Thickeners (Roux)
- Vitamins + Mineral Supplements

WHAT 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 are gluten free. Be careful with drink mixes as they are not always gluten free. Unless labeled otherwise, beers, ales, lagers are NOT gluten free.

FLOUR BASICS

NEUTRAL (LIGHT) FLOURS	HIGH PROTEIN FLOURS	HIGH FIBER FLOURS	STABILIZERS	STARCHES
Brown Rice Flour	Amaranth Flour	Amaranth Flour	Almond Flour	Arrowroot Powder
Sorghum Flour	Buckwheat Flour	Buckwheat Flour	Coconut Flour	Cornstarch
Corn Flour	Chickpea Flour	Chickpea Flour	Flax Seed Meal	Kudzu Root Starch
Sweet Rice Flour	Millet Flour	Corn Flour	Ground Chia Seed	
White Rice Flour	Oat Flour	Mesquite Flour	Oat Bran	
	Quinoa Flour	Oat Flour	Potato Flour (not potato starch)	
	Sorghum Flour	Quinoa Flour		
	Teff Flour	Teff Flour		