

Gluten-Free Diet

What is a gluten-free diet? Gluten is a general name for storage proteins found in wheat, rye, barley, and oats. Gluten may cause health problems for some people. A gluten-free diet is a diet including foods and drinks that do not contain gluten. A diet without gluten should be followed if you have celiac (SE-le-ak) disease, or dermatitis herpetiformis (her-pet-i-FORM-is). Dermatitis herpetiformis is a skin condition that is also called DH. A gluten-free diet should also be followed if you are allergic (al-ER-jik) to wheat. People who need this diet to treat a medical condition usually need to follow it for their whole lives. With celiac disease, eating too much gluten may cause you to have diarrhea, abdominal pain, anemia and/or weight loss. It is possible for you to have celiac disease but have no symptoms. Even so, you are still at risk for medical problems. With DH, you may have very itchy rashes which may blister. These symptoms may come and go, but you should still follow a gluten-free diet all of the time. Following this diet may decrease the amount of medicine that you need to take for DH.

What can I do to make a gluten-free diet part of my lifestyle? Changing what you eat and drink may be hard at first. Think of these changes as "lifestyle" changes, not just "diet" changes. You may need to make these changes part of your daily routine. Following a gluten-free diet may help you feel better.

Always read the ingredient labels on products before buying any packaged food. Gluten is found in many foods and drinks. It may not be clear which foods contain gluten. As a general rule, avoid all foods that contain wheat or the wheat-related grains. This includes spelt, triticale, and kamut. You will also need to avoid foods and drinks with rye, barley, and possibly oats. You will need to avoid eating many grain, pasta, and cereal products, and many processed foods. Even while following these guidelines, a gluten-free diet can still be well-balanced, and contain variety.

Advice from a registered dietician can be helpful in identifying gluten free foods and how to incorporate them into your new lifestyle. More information is available at the web address below.

Web Address: www.celiac.org

What should I avoid eating and drinking while on a gluten-free diet?

Breads and starches:

- Bread crumbs.

- Cereals, including muesli, oatmeal, farina, and other hot cereals.
- Couscous.
- Crackers, and trail mixes with small crackers.
- Packaged rice and noodle mixes.
- Pretzels.
- Some rice cakes, rice crackers, and popcorn cakes.
- Wheat or flour tortillas.
- Avoid all breads, cereals, pastas, baked items, and mixes that contain these grains or ingredients:
 - Barley, bulgar.
 - Cereals with added malt extract and malt flavoring, such as Cheerios™.
 - Wheat flours, including white flour, gluten flour, graham flour, high protein flour, and pastry flour.
 - Gluten, vital gluten.
 - Kamut.
 - Oats, oat bran.
 - Rye.
 - Semolina.
 - Spelt.
 - Triticale.
 - Wheat bran or flour, wheat germ, or unnamed starch.
 - Wheat flours, including white flour, durum flour, gluten flour, graham flour, high protein flour, and pastry flour.

Dairy Foods:

- Chocolate drinks, hot cocoa mixes, and chocolate milk.

- Malted milk drinks.
- Processed cheeses.
- Some puddings, ice creams, frozen and flavored yogurts.

Fruits and vegetables:

- Baby food fruits with starch added.
- Breaded vegetables.
- Cream soups or vegetables with flour.
- Fruit jams, jellies, sauces, spreads, or syrups with thickeners.
- Fruit pies, pastries, and cobblers made with any of the grains listed in the breads and starches section.
- Some French fried potatoes (especially those in restaurants), and flavored potato chips.

Meat and other protein sources:

- Breaded meat, fish, or poultry.
- Canned baked beans.
- Casseroles made with flour or pasta.
- Chicken, turkey, or other deli meats and roasts made with processed vegetable protein.
- Corned beef.
- Foods with macaroni, noodles, or pastas made from types of flour listed in the breads and starches section.
- Imitation seafood, imitation bacon.
- Meat dishes that include flours listed in the breads and starches section, such as meatloaf, Swiss steak, or meatballs.

- Meats or meat dishes containing soup base or bouillon made with certain ingredients (in the Checklist for the Patient section).
- Packaged meats made with flour (such as cold cuts, lunch meats, hot dogs, sandwich spreads, pates, sausages, canned or imitation meats).

Fats, soups, sauces, and seasonings:

- Any soup made with noodles.
- Certain salad dressings, such as malt vinegar. Read the label before buying the product.
- Chip dips.
- Gravies and sauces made with flour.
- Most canned and dry soup mixes, as well as soup bases or bouillon mixes with yeast or vegetable protein.
- Rice syrup.
- Seasoning mixes.
- Some brands of chili sauce and steak sauce.
- Soy sauce made with meat.

Desserts:

- All cookies, pies, pastries, and cakes made with any type of flour listed in the breads and starches section.
- Fruit pies thickened with flour.
- Ice cream and ice cream cones.
- Licorice and jelly beans.

Other:

- Additives, preservatives, and stabilizers found in processed foods, medicines and mouthwash.
- Beer, ale, and malt liquor.
- Cereal beverages (Postum™, Ovaltine™).
- Certain imported foods. Imported foods labeled "gluten-free" may still contain wheat starch.
- Flavored coffees.
- Instant coffee made with wheat.
- Medicines that contain gluten. Ask your caregiver if any medicine that you are taking contains gluten before taking it. Vitamins may also contain gluten.
- Non-dairy creamers.
- Pickled foods.
- Prepared mustard.
- Some instant natural beverages.
- Some spice blends such as curry powder, ground pepper mixes, and herb seasonings.
- Sweets and candies made with certain ingredients (in the Checklist for the Patient).

Checklist for the Patient: Take this list with you when you shop. Look for products with "gluten-free" written on the label. It may not be clear what products contain gluten. This list contains items to look for when reading food and drink labels. Avoid buying products that have one or more of these ingredients:

- Caramel flavoring, or non-United States manufactured caramel coloring.
- Cereal extract or additive.
- Cereal protein.
- Edible starch or wheat starch.
- Emulsifiers.
- Flour.

- __ Fillers.
- __ Hydrolyzed, hydrogenated, or texturized vegetable or plant protein (HVP or HPP).
- __ Dextrin.
- __ Malt, malt flavoring, or malt extract.
- __ Mono-glycerides or di-glycerides.
- __ Stabilizers, such as gluten stabilizers.
- __ Thickeners, such as modified food starch.
- __ Vegetable gum or protein, such as oat gum.

* Note: Locally, stores such as Hannaford and Whole Foods have gluten free sections which can aid in shopping for gluten free products.