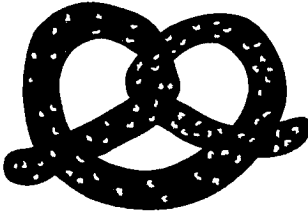
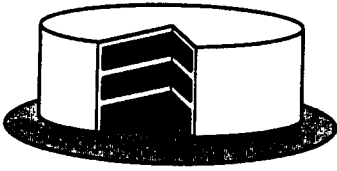


GLUTEN FREE DIET



GLUTEN-FREE DIET

PURPOSE

Gluten is the protein part of wheat, rye, barley, oats, and other related grains. Patients with gluten intolerance, also called celiac disease or nontropical sprue, do not tolerate this protein when it comes in contact with the small intestine. There, it causes significant injury to the absorbing surface of the small bowel. This injury can result in poor nutrition, weight loss, bloating, diarrhea, gas, abdominal cramps, or deficiency of minerals, including iron and vitamins such as B12. Eliminating gluten from the diet usually results in a dramatic improvement in the patient's condition. Patients who have celiac disease, non-tropical sprue, gluten-sensitive enteropathy, or dermatitis herpetiformis will benefit from this diet.

Removing gluten from the diet can be difficult. Since wheat and oats are used in so many different food preparations, it is very easy to ingest gluten without even knowing it. However, strict adherence to a gluten-free diet, while difficult at first, can significantly improve a patient's condition. It will be helpful to review a gluten-free diet with a registered dietitian.

NUTRITION FACTS

Depending on an individual's food selection, the Gluten-Free Diet is adequate in all nutrients (National Research Council's Recommended Dietary Allowances, 1989).

SPECIAL CONSIDERATIONS

1. It is very important that the person who prepares the patient's food fully understands the gluten-free diet. Rye, barley, oats, and especially wheat are added to many food products. It is very important to read food labels carefully to determine the ingredients.

The following words on labels usually mean that one of those grains has been used.

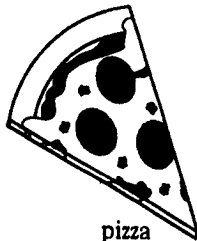
- Wheat
- Rye
- Oats
- Barley
- Starch
- Stabilizer
- Flavoring
- Emulsifier
- Hydrolyzed Plant Protein
- Hydrolyzed Vegetable Protein (HVP), unless made from soy or corn

- **Flour or Cereal products**, unless made with pure rice flour, corn flour, potato flour, or soy flour
 - **Vegetable Protein** unless made from soy or corn
 - **Malt or Malt Flavoring** unless derived from corn
 - **Modified Starch or Modified Food Starch** unless arrowroot, corn, potato, tapioca, waxy maize, or maize is used
 - **Vegetable Gum** unless vegetable gums are carob bean gum, locust bean gum, cellulose gum, guar gum, gum arabic, gum aracia, gum tragacanth, xanthan gum, or vegetable starch
 - **Soy Sauce or Soy Sauce Solids** unless you know they do not contain wheat
 - **Distilled White Vinegar** is made from grains and may contain gluten. Many commercially prepared condiments are prepared with distilled white vinegar and may contain very small amounts of gluten.
2. The following grains and foods do not contain gluten and can be used in any amount: **Corn, Soy, Rice, Potato, and Carob.**
 3. There are now support groups for patients with celiac disease. These groups can provide many delicious recipes which are gluten-free.

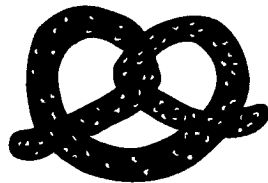
FOODS TO AVOID



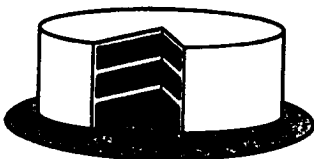
bread



pizza



pretzels



cake



alcohol

ORGANIZED GROUPS

The Food Allergy Network
4744 Holly Avenue
Fairfax, VA 22030-5647
(703) 691-3179

American Celiac Society/
Dietary Support Coalition
58 Musano Court
West Orange, NJ 07052

Celiac Sprue
Association/USA, Inc.
P.O. Box 31700
Omaha, NE 68131-0700
(402) 558-0600

Celiac Disease Foundation
13251 Ventura Blvd., Suite 3
Studio City, CA 91604-1838
(818) 990-2354

Gluten Intolerance Group
26604 Dover Court
Kent, WA 98031
(206) 854-9606

COMPANIES THAT SELL GLUTEN-FREE PRODUCTS

Dietary Specialists, Inc.
P.O. Box 227
Rochester, NY 14601
(716) 263-2787
To place an order: 1-800-544-0099

Ener-G Foods, Inc.
5960 1st Avenue. S.
P.O. Box 84487
Seattle, WA 98124-5797
(206) 767-6660
Toll free: 1-800-331-5222

COOKBOOKS

The Gluten-free Gourmet
Bette Hagman

More from the Gluten-free Gourmet
Henry Holt, 1993

<u>FOOD GROUP</u>	<u>DO NOT CONTAIN GLUTEN</u>	<u>MAY CONTAIN GLUTEN</u>	<u>CONTAIN GLUTEN</u>
Milk & milk products (2 or more cups daily)	whole, low-fat, skim, dry, evapo- rated, or condensed milk; buttermilk; cream; whipping cream; Velveeta cheese food; American cheese; all aged cheeses, such as Cheddar, Swiss, Edam, and Parmesan	sour cream; commercial chocolate milk and drinks; non-dairy creamers; all other cheese products; yogurt	malted drinks

**FOOD
GROUP**

**DO NOT
CONTAIN
GLUTEN**

**MAY
CONTAIN
GLUTEN**

**CONTAIN
GLUTEN**

**Meat
or meat
substitutes**
(5 to 6 oz
daily)

100% meat (no grain additives); seafood; poultry (breaded with pure cornmeal, potato flour, or rice flour); peanut butter; eggs; dried beans or peas

meat patties; canned meat; sausages; cold cuts; bologna; hot dogs; stew; hamburger; chili; commercial omelets, soufflés, fondue; soy protein meat substitutes

croquettes; fish; chicken loaves made with bread or bread crumbs; breaded or floured meats; meatloaf; meatballs; pizza; ravioli; any meat or meat substitute; rye; barley; oats; buckwheat; gluten stabilizers

**Breads &
grains**
(4 or more
servings
daily)

cream of rice; cornmeal; hominy; rice; wild rice; gluten-free noodles; rice wafers; pure corn tortillas; specially prepared breads made with rice, potato, soybean, or arrowroot flour; Kellogg's Sugar Pops; puffed rice; Post's Fruity and Chocolate Pebbles

cornbread; packaged rice mixes; ready-to-eat cereals containing malt flavoring

bread, buns, rolls, biscuits, muffins, crackers, and cereals containing wheat, wheat germ, oats, barley, rye, buckwheat, bran, graham flour, malt; kasha; bulgur; millet; Melba toast; matzo; bread crumbs; pastry; pizza dough; regular noodles; spaghetti, macaroni, and other pasta; rusks; dumplings; zwieback; pretzels; prepared mixes for waffles and pancakes; bread stuffing or filling

Fats & oils
(servings
depend on
caloric needs)

butter; margarine; vegetable oil

shortening; lard; salad dressings; non-dairy creamers; mayonnaise

gravy and cream sauces thickened with flour

<u>FOOD GROUP</u>	<u>DO NOT CONTAIN GLUTEN</u>	<u>MAY CONTAIN GLUTEN</u>	<u>CONTAIN GLUTEN</u>
Fruits (2 or more servings daily)	plain, fresh, frozen, canned, or dried fruit; all fruit juices	pie fillings; thickened or prepared fruit; and fruit fillings	none
Vegetables (3 or more servings daily)	fresh, frozen, or canned vegetables; white and sweet potatoes; yams	vegetables with sauces; commercially prepared vegetables and salads; canned baked beans; pickles; marinated vegetables; commercially seasoned vegetables	creamed or breaded vegetables; those prepared with wheat, rye, oats, barley, buckwheat, or gluten stabilizers
Snacks & desserts (servings depend on caloric needs)	brown and white sugar; rennet; fruit whips; gelatin; jelly; jam; honey; molasses; pure cocoa; fruit ice; popcorn	custards; puddings; ice cream; ices; sherbet; pie fillings; candies; chocolate; chewing gum; cocoa; potato chips	cakes; cookies; doughnuts; pastries; dumplings; ice cream cones; pies; prepared cake and cookie mixes; pretzels; bread pudding;
Beverages (4 to 6 cups or more daily)	tea; carbonated beverages (except root beer); fruit juices; mineral and carbonated waters; wines	coffee; decaffeinated coffee; cocoa mixes; root beer; vodka; chocolate drinks; nutritional supplements; beverage mixes	Postum; [®] Ovaltine; [®] malt-containing drinks; cocomalt; beer; ale; gin; whiskey; rye
Soups	none	commercially prepared soups, broths, soup mixes, bouillon cubes	soups thickened with wheat flour or gluten-containing grains; soup containing barley, pasta, or noodles

<u>FOOD GROUP</u>	<u>DO NOT CONTAIN GLUTEN</u>	<u>MAY CONTAIN GLUTEN</u>	<u>CONTAIN GLUTEN</u>
Thickening agents	gelatin; arrow-root; starch; corn flour; potato flour; potato starch flour; rice bran and flour; rice polish; soy flour; tapioca; sago; corn germ, bran		wheat starch; all flours containing wheat, oats, rye, malt, barley, or graham flour; all-purpose flour; white flour; wheat flour; buckwheat; bran; cracker meal; durham flour; wheat germ
Condiments	wheat-free soy sauce	flavoring syrups (for pancakes or ice cream); olives; pickles; relish; ketchup; mayonnaise; horseradish; salad dressings; tomato sauces; meat sauce; mustard; taco sauce; soy sauce; chip dips	distilled white vinegar
Seasonings	salt; pepper; herbs; flavored extracts; food coloring; cloves; ginger; nutmeg; cinnamon; bicarbonate of soda; baking powder; cream of tartar; mono-sodium glutamate	curry powder; seasoning mixes; meat extracts	synthetic pepper; brewer's yeast (unless prepared with a sugar molasses base); yeast extract (contains barley)
Prescription products		all medicines: check with pharmacist or pharmaceutical company	

SAMPLE MENU

Breakfast

cream of rice 1/2 cup
skim milk 1 cup
medium banana
orange juice 1/2 cup
sugar 1 tsp

Lunch

baked chicken 3 oz.
rice 1/2 cup
green beans 1/2 cup
apple juice 1/2 cup
ice cream (made with-
out wheat stabilizers)
1/2 cup

Dinner

sirloin steak 3 oz
medium baked
potato
peas 1/2 cup
fruited gelatin
1/2 cup
butter 1 Tbsp
tea 1 cup
sugar 1 tsp

THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories.....	1748	Fat	62 gm
Protein	77 gm	Sodium.....	1577 mg
Carbohydrates.....	225 gm	Potassium	2934 mg

SPECIAL INSTRUCTIONS