



# Gluten Free Diet

## What is Gluten?

Gluten is a protein found in *wheat*, *rye* and *barley* that causes intestinal damage (often resulting in wt loss and nutrient deficiencies) for individuals with gluten intolerance.

Common symptoms of gluten intolerance include: diarrhea, abdominal pain, bloating, fatigue, forgetfulness and irritability.

## Why Do You or Your Child Need to Follow a Gluten-Free Diet?

The gluten free diet is used in the treatment of celiac sprue and dermatitis herpetiformis. Although a gluten free diet does not cure celiac sprue and dermatitis herpetiformis, following the diet will relieve the symptoms associated with gluten sensitivity.

## How Do I Know What Foods Contain Gluten?

- To find out what foods contain gluten it is important to read food labels. Products change frequently so check the label carefully before purchasing. Contact the manufacturer if more information on ingredients is needed.
- Oats do not naturally contain gluten, but they are often contaminated with wheat or other grains and may need to be avoided.
- **Avoid products with any of the following ingredients on the label:**
  - **Wheat\***: includes items made or processed with flour; various parts of the wheat kernel (including the germ, bran and endosperm [starch]); and grain species derived from prohibited grains (for example: triticale is a hybrid of wheat and rye).
  - **Barley**: includes all parts of the barley grain and items produced from barley (such as malt flavorings, brown rice syrup, brewer's yeast and beer).
  - **Rye**: includes all parts of the rye grain, usually found in our food supply as rye flour and rye bread. Unlike wheat and barley, rye is typically not used as a food additive.
  - **Oats**: includes all products containing oats (including oat flour, oat bran and oat gums). There are sources of uncontaminated oats available; talk with your dietitian or gastroenterologist about how to introduce oats safely.

## **Common Processed Foods Containing Wheat, Barley or Rye:**

Bouillon cubes	Matzo
Sweeteners	Seasoned rice mixes
Candy	Soy sauce and marinades
Cold cuts, hot dogs, sausages, salami	Seasoned tortilla/potato chips
French fries	Self-basting turkey
Gravies and sauces	Soups and soup bases
Imitation fish and imitation bacon	Trail mixes
Malted Products	Panko (Japanese bread crumbs)
Cereals (including rice and soy varieties)	Energy bars and supplements
Meat and dairy substitutes	Flavored beverages

## **Miscellaneous Ingredients on Food Labels\*:**

Wheat starch	Natural and artificial flavorings
Seasonings	Hydrolyzed vegetable protein (HVP)
Emulsifiers	Textured vegetable proteins (TVP)
Stabilizers	Hydrolyzed plant protein (HPP)
Starch	Cereal Extracts
Caramel Coloring	Dextrins

**\*As of January 1st, 2006: food products manufactured with wheat should be listed in an allergy statement below the ingredients on the label or in parentheses following the name of the ingredient. If you suspect that the label is not up-to-date call the company to verify that the item does not contain wheat. When in doubt, do not eat it. Barley, rye and oats are not covered by this law.**

Example(s) of the wheat allergy statement:

**INGREDIENTS:** Water, skim milk, hydrolyzed vegetable protein, salt, potassium sorbate (preservative). Contains wheat, milk, soy.

OR

**INGREDIENTS:** Semolina (wheat), egg whites, ground flaxseed, durum flour (wheat), niacin, thiamine.

## **A few things to consider:**

1. Any flavorings, no matter how small, are subject to the wheat disclaimer. Though unlikely, flavorings may be made with malt flavoring (which is not covered by the wheat disclaimer because it is made from barley).
2. Caramel coloring and dextrins are not typically made from wheat, but should now contain a wheat disclaimer if they are made using the grain.
3. Many products containing starches (if made in North America) are likely made from corn. Modified food starch, though unlikely, could be made from barley (which is not covered by the labeling law).
4. When in doubt contact the product's manufacturer. There have been cases in which companies have not yet changed food labels.

**Below is a list of foods to avoid and foods that are generally tolerated with a gluten-free diet:**

<u><b>FOODS ALLOWED</b></u>	<u><b>FOODS to AVOID</b></u>
<p><u><b>Grains &amp; Starches</b></u></p> <p>Tapioca; soybean; potato; arrowroot flours            Buckwheat; quinoa; amaranth; millet; teff; sorghum (Milo); flax            Rice; puffed rice; cream-of-rice; wild rice            Corn; unflavored popcorn; cornmeal, hominy; grits; corn starch            Pure, gluten-free oats may be allowed: talk to a health professional            Ready-to-eat cereal made from allowed grains; gluten-free pasta and bread products.</p>	<p><u><b>Grains &amp; Starches</b></u></p> <p>Wheat; flour; whole wheat flour; white flour; bromated flour; enriched flour; phosphated flour; self-rising flour; graham flour; durum flour; semolina; wheat germ; bran; bulgur (tabbouleh); kamut; wheat berries; couscous; spelt; faro; emmer; einkorn; triticale; atta; dinkel            Rye; rye flour; rye bread            Barley; pearl barley; barley groats; barley flakes            Oats; oat groats; oat fiber; oat bran; oat flour            Many cereals; pasta; macaroni; noodles; spaghetti; farina; cream of wheat; dumplings; bread; bakery bread; rolls; stuffing; cake; crackers; muffins; pastries; biscuits; melba toast; zwieback; rusk; matzo; waffles; pancakes; donuts; prepared mixes; pretzels</p>
<p><u><b>Beverages</b></u></p> <p>Fresh brewed coffee (no grains added); teas without prohibited grains            Milk, chocolate milk prepared with cocoa            100% fruit juices, soda (check labels)            Wine; distilled alcohols and cordials (check labels for preservatives and dyes); gluten-free beers</p>	<p><u><b>Beverages</b></u></p> <p>Instant coffee; instant tea; some herbal teas; instant cocoa with grains added            Malted milk; Ovaltine; chocolate or flavored milk with cereal fillers added; rice or soy beverages using barley enzymes            Beverages with flavoring syrups of unknown content or those that contain cereal grains or malt; some root beers            Beer; ales; lagers; malted wine coolers</p>

<p><b><u>Soups and Casseroles</u></b></p> <p>Clear, home-made broth; gluten-free bouillon cubes; soups made with rice or gluten-free pasta and gluten-free stock; creamed soups and chowders thickened with cream, cornstarch, potato flour or other allowed special flours</p> <p>Homemade or prepared gluten-free macaroni without sauces thickened with flour; gratins made with only cream (no flour or prohibited thickeners)</p>	<p><b><u>Soups and Casseroles</u></b></p> <p>Bouillon-based broths; creamed soups or chowders thickened with flour; most gumbos; prepared soups with prohibited cereal grains or thickeners</p> <p>Macaroni and cheese, gratins, and casseroles in a white sauce thickened with flour (using a roux or beurre manie); dishes served with gravy, béchamel, veloute or espagnole sauces</p>
<p><b><u>Fats</u></b></p> <p>Butter; oils (check label for wheat germ oil or any unidentified oil source); lard; most vegetable shortenings and margarines (check labels); foods fried in uncontaminated oils that have not been breaded with prohibited flours</p> <p>Pure mayonnaise (and other salad dressings that are thickened with egg, cornstarch or allowed special flours); homemade salad dressings made with distilled vinegar</p> <p>Cream; bacon; nuts; olives; peanut butter; avocado; sour cream and cream cheese (check labels)</p>	<p><b><u>Fats</u></b></p> <p>Wheat germ oil; margarines and spreads made with prohibited stabilizers; Olestra; most fried and breaded foods</p> <p>Low calorie mayonnaise made with prohibited cereal thickeners; commercial salad dressings that contain wheat flour; dressings made with malt vinegar; gravies; béchamel, veloute, espagnole sauces or other sauces thickened with flour (using a roux or beurre manie); low fat sour creams, low fat cream cheese and any other low fat products made with prohibited ingredients</p>
<p><b><u>Seasonings &amp; Sweets</u></b></p> <p>Pure spices and herbs; salt; monosodium glutamate (MSG)</p> <p>Sugar; molasses; honey; jelly; jam; corn syrup; maple syrup; imitation or pure vanilla extract</p> <p>Pure cocoa; pure chocolate; coconut; marshmallows and candies made from allowed grains</p> <p>Ketchup; mustard; pickles; relish; horseradish; steak sauce not prepared with prohibited ingredients; gluten-free soy sauce</p> <p>Distilled rice, wine, or cider vinegar</p>	<p><b><u>Seasonings &amp; Sweets</u></b></p> <p>Marinades, seasoning mixes and dips, some ground spices and curry powders containing prohibited ingredients; bouillon cubes; malt flavoring; brewer's yeast</p> <p>Malt syrup; brown rice syrup; malt extract</p> <p>Candy and other confections which contain prohibited ingredients or are of unknown content</p> <p>Soy sauce; teriyaki sauce; prepared sauces and condiments containing prohibited ingredients</p> <p>Malt vinegar; vinegars processed with prohibited ingredients</p>

<p><b><u>Dairy</u></b></p> <p>Whole, low-fat, skim, fresh, dried or evaporated milk; flavored milks (check labels)</p> <p>Plain yogurt and kefir; flavored yogurt and kefir (check labels)</p> <p>All aged hard cheeses (cheddar, parmesan, Swiss, etc.); cottage cheese (check labels)</p>	<p><b><u>Dairy</u></b></p> <p>Flavored milks made with prohibited ingredients; malted milk products</p> <p>Cheese food and cheese spread made with prohibited ingredients; Roquefort cheese made with bread mold</p>
<p><b><u>Fruits &amp; Vegetables</u></b></p> <p>Fresh, frozen, dried or canned (check labels)</p>	<p><b><u>Fruits &amp; Vegetables</u></b></p> <p>Fruits and pie filling containing thickeners; canned products with preservatives, emulsifiers or food starch made from prohibited grains</p>
<p><b><u>Meat or Meat Substitutes</u></b></p> <p>Fresh meat; poultry; fish and shellfish; eggs</p> <p>Edamame (soy beans); tofu; beans; nuts (check labels)</p>	<p><b><u>Meat or Meat Substitutes</u></b></p> <p>Most luncheon meats, sausages and hot dogs containing prohibited grains; self-basing turkeys; animal proteins marinated using prohibited ingredients; animal proteins in sauces made with prohibited grains; imitation seafood; crabstick; sushi made with crabstick (California rolls)</p> <p>Seitan; soy-based meat substitutes that contain plant proteins made with prohibited ingredients; bean dips made with prohibited ingredients; dry roasted nuts containing prohibited ingredients</p>
<p><b><u>Miscellaneous</u></b></p>	<p><b><u>Miscellaneous</u></b></p> <p>Some chewing gums</p> <p>Some toothpaste; mouthwash; medicines (especially imported medicines); laxatives; vitamin supplements</p> <p>Some make-up (especially lipstick and balm)</p> <p>Communion wafers</p> <p>Glue; play dough</p>

## **Helpful Resources**

### **Specially Prepared Products:**

Ener-G Foods Inc.                    [www.ener-g.com](http://www.ener-g.com)            (800) 331-5222 (Toll Free)  
Nature's Pantry                            (508) 947-1266

### **Restaurants with Gluten-Free Menus/Options:**

P.F. Changs                            [www.pfchangs.com](http://www.pfchangs.com)  
Outback Steakhouse                    [www.outback.com](http://www.outback.com)  
Legal Seafoods                         [www.legalseafoods.com](http://www.legalseafoods.com)  
Boston Market                         [www.bostonmarket.com](http://www.bostonmarket.com)  
Chick-fil-A                              [www.chick-fil-a.com](http://www.chick-fil-a.com)  
Subway                                  [www.subway.com](http://www.subway.com)  
Wendy's                                 [www.wendys.com](http://www.wendys.com)

### **Grocery Stores with Gluten-Free Options (search gluten free):**

Whole Foods Market                    [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com)  
Shop and Shop                         [www.stopandshop.com](http://www.stopandshop.com)  
Peapod                                 [www.peapod.com](http://www.peapod.com)  
Trader Joes                              [www.traderjoes.com](http://www.traderjoes.com)  
The Gluten Free Mall                    [www.glutenfreemall.com](http://www.glutenfreemall.com)

### **Celiac Sprue Organizations:**

American Celiac Society	<a href="http://www.americanceilacsociety.org">www.americanceilacsociety.org</a>	(504) 737-3293
Gluten Intolerance Group	<a href="http://www.gluten.net">www.gluten.net</a>	(206) 325-6980
Celiac Disease Foundation	<a href="http://www.celiac.org">www.celiac.org</a>	(818) 990-2354
Celiac Sprue Association	<a href="http://www.csaceliacs.org">www.csaceliacs.org</a> *	(401) 558-0600
Healthy Villi (Boston)	<a href="http://www.healthyvilli.com">www.healthyvilli.com</a>	(617) 262-5422
American Dietetic Assoc	<a href="http://www.eatright.org">www.eatright.org</a> *	

\* Celiac Sprue booklet available

### **Recommended Reading:**

- Gluten Free Diet: A Comprehensive Resource Guide. Shelly Case, RD, Case Nutrition Consulting, Canada, 2005.

Kids with Celiac Disease: A Family Guide by Dian Korn, Woodbine House, 800-843-7323 or [www.woodbinehouse.com](http://www.woodbinehouse.com)

Contact a registered dietitian or gastroenterologist for more gluten-free information.

**To schedule an appointment with a Registered Dietitian (RD), please call MGH Ambulatory Nutrition Services at 617.726.2779**