

Gluten-Free Diet

Purpose: This diet omits foods which contain gluten. Gluten are proteins found in wheat, rye, oats and barely. These proteins may cause ill effects in individuals sensitive to them.

Principles:

1. Read all labels carefully on packaged, processed or prepared foods. Look for wheat, rye, oat or barely flour gluten on food labels.
2. Substitute (in place of the flours not allowed) cornstarch, wheat starch, tapioca, potato flour, rice flour, soybean flour, buckwheat flour or arrowroot.
3. Look for gluten-free products which may be available.

Gluten-Free Food Checklist

Dairy Products

Allowed: If tolerated: whole, low-fat, skim & buttermilk. Yogurt, cottage cheese, all cheeses except for those listed as not allowed. Cocoa, if no added wheat flour.

Not Allowed: Malted milk, milk drinks & mixes prepared with cereal additives, Ovaltine, chocolate milk with cereal, additives, processed cheese foods or cheese spreads.

Meat & Meat Alternate

Allowed: Any meat, fish or poultry which is not breaded or prepared with wheat flour. Processed meat products not prepared with wheat flour, peanut butter, dried beans, peas & lentils prepared without flours not allowed.

Not Allowed: Commercial meat products containing cereals not allowed such as bologna, frankfurters, liverwurst, luncheon meats, meat loaf, sausage, canned meats, canned chili.

Eggs

Allowed: Any – prepared baked, boiled, poached, scrambled or fried.

Not Allowed: Creamed eggs & soufflés if wheat flour is used.

Vegetables

Allowed: All fresh, frozen or canned except for those listed at right.

Not Allowed: Those breaded or creamed vegetables prepared with prohibited flours.

Fruits

Allowed: All fruit & fruit juices.

Not Allowed: None

Breads

Allowed: Breads, cakes, muffins, crackers & pasta products made from allowed flours (arrowroot, rice, corn, potato, tapioca, soybean), rice cakes.

Not Allowed: All those bread and pasta made from wheat, rye, oats, barely flour. Commercially prepared biscuit, bread, pancake, waffle mixes, graham flour.

Cereals

Allowed: Cereals prepared with only rice or corn. Tapioca, rice, hominy, cream rice.

Not Allowed: All cereals containing wheat, oats, rye, barley, malt, or bran.

Potato or Substitutes

Allowed: White or sweet potatoes, rice. Pasta - all made from allowed flours.

Not Allowed: Instant or creamed potatoes, macaroni, noodles, spaghetti, or bread stuffing.

Fats

Allowed: Any except for those listed as not allowed. Gravies prepared with allowed ingredients.

Not Allowed: Commercial salad dressings & gravy mixes, non-dairy whipped toppings, non-dairy creamer substitutes.

Beverages

Allowed: Plain coffee, tea and carbonated beverages.

Not Allowed: Cereal beverages such as postum. Instant coffees. Alcoholic beverages made from prohibited cereal grains.

Soups

Allowed: Broth, bouillon, broth-based meats and vegetables soups. Cream soups prepared with cream or allowed flours.

Not Allowed: Soups mad with or containing wheat, oats, rye or barley. Commercially prepared soup and soup mixes.

Desserts & Sweets

Allowed: Cakes, cookies, pies made with allowed flours. Custard, gelatin, puddings made with tapioca or cornstarch. Ice cram or sherbet prepared with allowed flours. Sugar, jam, jelly, coconut, marshmallows, pure chocolate, pure cocoa, honey.

Not Allowed: Cakes, cookies, pies, pastries and puddings prepared with prohibited ingredients.

Miscellaneous

Allowed: Catsup and mustard (check labels carefully), vinegar, herbs, extracts.

Not Allowed: Soy sauce, malt worcestershire sauce.

Sample Menu:

Morning

- Fried Egg
- Grits
- Rice cakes
- Bacon
- Orange Juice
- Low-fat milk
- Coffee
- Margarine, jelly, sugar

Noon

- Tossed salad with oil and vinegar
- Roast beef
- Baked potato/rice bread
- Peas & Carrots
- Grapes

- Tapioca pudding
- Iced Tea
- Margarine, sugar

Evening

- Homemade vegetable soup
- Oven-baked chicken
- Green beans Almondine
- Wheat starch noodles
- Cornmeal muffin
- Sliced pears
- Low-fat milk
- Margarine, honey