



A gluten free diet is required by those who suffer from Celiac disease. You may use this guide as a temporary reference to help you get started on a gluten free diet. Use the references at the bottom to find more information to help you establish a long term plan.



ALLOWED *(gluten free)*

Rice, corn, soy, potato, tapioca, bean, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, tef and nut flours.

LABELS

Carefully reading ingredient labels is critical to understanding the gluten free diet. Food labels containing the following ingredients are questionable and **should not** be consumed unless you can verify they do not contain or are derived from prohibited grains:

- Brown rice syrup
- Caramel color
- Dextrin
- Flour or cereal products
- Hydrolyzed vegetable protein
- Vegetable protein
- Hydrolyzed plant protein
- Textured vegetable protein
- Malt or malt flavoring
- Malt vinegar
- Modified food starch or modified starch from unspecified source
- Mono-glycerides (dry products only)
- Di-glycerides (dry products only)
- Flavorings in meat products
- Soy sauce
- Vegetable gum

NOT ALLOWED *(in any form)*

Wheat (durum, semolina, kamut, spelt), rye, barley, oats and triticale.

Frequently overlooked foods that often contain gluten:

- Breading
- Broth
- Coating mixes
- Communion wafers
- Croustons
- Imitation bacon
- Imitation seafood
- Marinades
- Pastas
- Processed meals
- Roux
- Sauces
- Self-basting poultry
- Soup bases
- Stuffings
- Thickeners

IF IN DOUBT GO WITHOUT!

If unable to verify ingredients or the ingredient list is unavailable DO NOT EAT IT! It's not worth triggering your immune system and the damage to the small intestine that occurs every time gluten is consumed.

SIMPLE RULES TO AVOID PROBLEMS

- One new food at a time. Only add one new food item whose ingredients you've cleared to your diet at a time. Listen to your body for adverse reactions before starting a second new food.
- Wheat free is not Gluten Free. Wheat free products may still contain rye, oats, barley or other ingredients that are not Gluten Free.
- Prepare gluten free foods separately from other foods. Gluten free foods can be easily contaminated if they are prepared on common surfaces, machinery, equipment or with utensils that have not been thoroughly cleaned.



Follow us!

Tanner Clinic

FOR MORE INFORMATION PLEASE VISIT

CELIAC DISEASE FOUNDATION

celiac.org

GLUTEN INTOLERANCE GROUP

gluten.net