

# Celiac Disease & Your Gluten Free Diet



The cornerstone of treatment for celiac disease is a gluten-free diet. "Gluten" is the general name for storage proteins called prolamins in wheat, rye and barley.

**Wheat, rye and barley are eliminated on a gluten free diet.** Oats must also be eliminated unless they are gluten free oats. Oats do not contain gluten; however they become contaminated with gluten during manufacturing. This handout provides a guide to assist in identifying safe foods to eat and gluten-containing foods to avoid.

## FOODS TO EAT

*\* Indicates this food may have gluten containing ingredients, please be sure to check the ingredient list of the item. If you are not eating a fresh, whole food, always check ingredient list and allergen statement to ensure product is gluten free.*

### Non-starchy vegetables:

- Fresh vegetable
- Frozen vegetables (no sauces)

### Starchy Vegetables:

- All varieties of fresh corn, potatoes and winter squash
- Frozen corn, frozen sweet potatoes \*, frozen potatoes\* and hash browns\*, frozen winter squash

### Fruits:

- Fresh, dried\* and frozen fruits

### Legumes:

- Canned and dried beans, peas and lentils
- Bean and lentil soups\*; chili\*
- Hummus\*

### Whole grains: *Purchase grain products that are manufactured in a gluten free factory*

- Certified gluten-free oats and granola
- Millet, quinoa, amaranth, corn, sorghum, teff, buckwheat\*
- Tapioca, manioc
- All varieties of rice and wild rice
- Gluten-free hot and cold cereals
- Gluten-free breads, pastas, pancakes, waffles
- Gluten-free corn and flour tortillas
- Gluten free pretzels, crackers, snacks



### Protein-rich foods:

- Canned tuna\* or salmon\*
- Cottage cheese, ricotta cheese
- Deli meat\*
- Egg substitutes\*
- Eggs, whole
- Fresh poultry, fish, meat
- Frozen poultry
- Processed meats\* (hot dogs, bacon, sausage, etc)
- Tofu
- Veggie burgers\*
- Yogurt and cheese

### Healthy fat-rich foods:

- Nuts, seeds and nut butters
- Cold-pressed oils
- Salad dressing\*

### Condiments: *Always check condiments for gluten-containing ingredients*

- Ketchup\*
- Mustard\*
- Gluten-free soy, teriyaki, and hoisin sauce
- Vinegar (except malt vinegar)
- Pickles, relish
- Jam, fruit preserves
- Honey, 100% maple syrup
- Blackstrap molasses
- Salad dressings\*
- Salsa\*
- Worstershire sauce\*



# Celiac Disease & Your Gluten Free Diet



## FOODS TO AVOID

**Wheat:** Spelt, ezeikel, kamut, bulgur, faro, triticale, semolina, bran, durum and matzoh are all varieties of wheat and should be avoided in the foods below.

- Bread, tortilla, pita
- Breadcrumbs
- Cereals
- Cookies, cakes, pastries
- Couscous
- Crackers, pretzels, snacks
- Pancakes, waffles
- Pasta

**Barley:** Barley, barley malt extract, beer

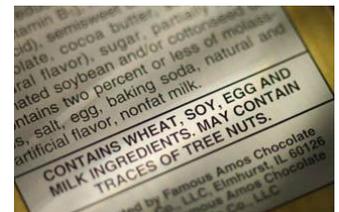
**Rye:** Rye bread, crackers

## Reading Food Labels

The Food Allergen Labeling and Consumer Protection Act states 'wheat' must be listed on the food label when wheat is an ingredient in the item. This is not true for barley and rye; food manufacturers do not have to label foods that contain barley or rye. If you are unsure about a product's ingredients avoid it. Labels must be read every time that you purchase food. Also, recognize that manufacturers can change ingredients at any time, so double-check your favorite foods.

Follow these steps to ensure that every packaged food that you buy is gluten free:

1. Look for "GLUTEN FREE" clearly labeled on the packaging. If it is labeled gluten free, then it is "safe" to eat. If not, then continue to next step.
2. Read the allergen statement. If the product contains wheat, put the food down and look for another option. If the product does not contain wheat, then continue to next step.
3. Read the ingredient list. Please refer the lists below for 'gluten free' and 'gluten-containing' ingredients to decide if the food is gluten free or not.
4. Look for a statement regarding the facility in which the food was processed. If the food was processed in a factory that also processes wheat, put the food down and look for another option. Please note that it is not required to include a statement regarding the facility in which the food was produced on the label.



## GLUTEN FREE ingredients

*\*Gluten free only if made in USA and if allergen statement does not include wheat*

- Amaranth
- Annatto
- Artificial flavor
- Arrowroot
- Artificial color
- Artificial flavors
- Atole (blue corn)
- Autolyzed yeast
- Baking powder\*
- Baking soda
- Baking yeast
- Bean flours
- Brewer's yeast **in supplements only**
- Buckwheat\*
- Carageenens
- Caramel color and caramel flavoring
- Citric acid
- Corn, corn bran, corn meal
- Cream of tartar
- Dextrin\*
- Dextrose
- Flax
- Gelatin
- Glucose syrup
- Gluten-free oats
- Guar gum
- Hydrolyzed soy protein
- Lecithin
- Lentil flour
- Maltodextrin
- Modified food starch\*
- Millet
- Montina
- Mono and diglycerides
- Monosodium glutamate (MSG)
- Natural color
- Nut meal or flour
- Polenta
- Potato flour
- Potato starch
- Quinoa
- Rice, rice bran, rice flour
- Sago
- Sorghum
- Starch (**unless in pharmaceuticals or meat products**)
- Tapioca (aka cassava or manioc)
- Teff
- Vanilla, vanillin, artificial vanilla, vanilla extract
- Vinegar (**not malt vinegar**)
- Whey
- Wild rice
- Xanthan gum

# Celiac Disease & Your Gluten Free Diet



## **MAYBE, MAYBE NOT: Contact the food manufacturer (if the food is not labeled gluten free)**

- Brown rice syrup: occasionally may be made with barley enzymes and contain very low levels of residual gluten
- Natural flavors from Shelley Case, RD: according to flavor experts from industry and government, gluten containing grains are not commonly used as flavoring agents however is one rare exception:
  1. Barley malt extract/syrup can be used as a flavoring agent and is almost always listed on the label as “barley malt”, “barley malt extract” or “barley malt flavoring”. Some companies may list it as “flavor (contains barley malt)” and very rarely is it listed only as “flavor” or “natural flavor”.
- “Seasoning”: may utilize a wheat based carrier

## **GLUTEN CONTAINING Foods to Avoid**

- Barley
- Bran
- Bulgur, tabbouleh
- Couscous
- Durum
- Einkorn
- Emmer
- Enriched flour
- Farina
- Farro
- Gluten, gluten flour
- White flour
- Graham
- Graham flour
- Kamut
- Maida (Indian wheat flour)
- Malted milk
- Matzoh
- Oats, oat bran, oat syrup (unless certified gluten-free)
- Orzo
- Processed in a factory with wheat
- Processed on equipment with wheat
- Rye
- Semolina
- Spelt
- Triticale
- Wheat
- Wheat berries

## **GLUTEN CONTAINING Ingredients to Avoid**

- Anything containing wheat, barley, oats or rye
- Barley malt
- Brewer's yeast
- Malt, malt extract, malt flavoring
- Malt vinegar
- Hydrolyzed wheat protein
- Maltose
- Starch in meat products
- Wheat starch
- Wheat starch hydrosylates
- Wheat germ



# Celiac Disease & Your Gluten Free Diet



## Potential Sources of Gluten

Be cautious with these foods, gluten may be “hidden” in them. Be sure to look for gluten free labeling or check the ingredient list to ensure that the food is free of gluten. If there is not clear indication that the item is free of gluten, call the food manufacturer to ensure that it is a safe food. If the ingredient list is not available (when out to eat), avoid these foods.

- Baked beans
- Bouillon
- Breading
- Broth
- Brown rice syrup
- Buckwheat noodles, pasta or pancakes
- Burgers, frozen
- Candy
- Canned salmon/tuna
- Cereals, corn and rice
- Cheese, sauce, spread, processed, shredded, blends
- Chewing gum dusted with flour
- Chocolate covered nuts rolled in flour
- Communion wafers
- Dates
- Deli meats
- Egg substitutes
- Flavored coffees, teas and alcoholic beverages
- Flavored yogurt
- French fries
- Hot dogs
- Ice cream
- Imitation crab, seafood analogs
- Imitation bacon
- Individually frozen fish may be dusted with flour
- Licorice
- Marinades
- Meatballs, meatloaf
- Miso
- Mustard, specialty
- Nuts and seeds, seasoned or dry roasted
- Non-dairy creamer
- Panko
- Pickles
- Potatoes, scalloped, fried, hash browns
- Roux
- Salad dressings
- Sauces, gravies
- Seasonings, seasoning packets
- Seitan
- Self-basting poultry
- Sirimi
- Smoke flavoring
- Soba noodles
- Soup
- Soy beverages
- Soy sauce
- Sports products (bars, drinks, gels, chews)
- Rice, made with gluten containing broth, flavoring or seasonings
- Thickeners
- Tempeh
- Tofu, flavored
- Udon noodles (wheat or corn)

## Non-Food Sources of Potential Gluten

- Lipstick, lip balm
- Medications
- Mouthwash
- Toothpaste
- Vitamin/mineral supplements

## Cross-Contamination with Gluten

Tiny amounts of gluten hidden in foods will cause damage to the intestinal lining. Avoid cross contamination in your home and when eating outside of your home.

- If you live alone, throw out or give away anything that contains gluten or could have been contaminated with gluten, such as peanut butter or mayonnaise.
- If you live with non-celiacs, put vividly colored stickers on your food.
- Designate a place in your kitchen as yours and do not let others prepare gluten-containing foods in that area.
- Discard wooden cooking utensils, cutting boards and non-stick pans that are contaminated with gluten.
- Buy a toaster and waffle iron for your use only.
- Use soap and water liberally. Clean dishes and utensils very well to remove gluten. Keep your sponge clean.
- Avoid bulk bins with shared scoops.
- Flour sifters should not be shared with gluten-containing flours.
- Deep fried foods cooked in oil shared with breaded products should not be consumed.

## Alcohol and Vinegar

Alcohol and vinegar that are properly distilled should not contain any harmful gluten peptides (prolamins). **Avoid malt vinegar**, it is not distilled and is made from barley.

## Dining Out

There are many strategies to use when eating out. With practice and patience, dining out will become a pleasurable experience! Do not hesitate to question the server or chef regarding food preparation and ingredients. If he/she is unable to answer your questions about a specific dish, ask to speak with someone who can answer your questions. In general, one can avoid gluten in restaurants by ordering whole, unprocessed foods. An example of a “safe” alternative: grilled salmon (without marinade or sauce), fresh steamed vegetables, and a baked potato. But there are many more options that this available to you. Your Nutrition Counselor can help you navigate a menu and teach you what questions to ask the server, manager or chef.

## Living with Celiac

It is natural to mourn old food habits for a period of time after being diagnosed with celiac disease. Be patient. Stay focused on all of the foods that you **can** eat. There are many resources to support your new lifestyle.

- [www.celiac.com](http://www.celiac.com)
- [www.csaceliacs.org/gluten\\_grains.ph](http://www.csaceliacs.org/gluten_grains.ph)
- [www.triumphdining.com/blog/gluten-free-ingredients-list/](http://www.triumphdining.com/blog/gluten-free-ingredients-list/)
- [www.celiac.org](http://www.celiac.org)
- [www.gig.org](http://www.gig.org)

## Resources

- Join the Southern Arizona Celiac Support group to connect with other people in Tucson who have celiac disease. SACS has tons of fun events in town and additional resources for you. Find them online: [www.southernarizonaceliacsupport.org](http://www.southernarizonaceliacsupport.org)
- Join the Gluten Free Club on campus. Find them on Facebook: UA Gluten Free.