



The Gluten-Free Diet

A gluten-free diet means avoiding all foods that contain wheat, rye, barley, and oats (grain, pasta, cereal, and many processed foods). Despite these restrictions, people with coeliac disease can eat a well-balanced diet with a variety of foods, including bread and pasta. For example, instead of wheat flour, people can use potato, rice, soy, bean flour or they can buy gluten-free bread, pasta, and other products from special food companies. Meat, fish, rice, fruit, and vegetables do not contain gluten, so eat as much of these as you like.

FOOD GROUP	ALLOWED	NOT ALLOWED
Drinks	Coffee, tea, carbonated drinks, wine, rum	Ale, beer, gin, whiskey, tea with barley
Milk	Fresh, dry, condensed milk; cream; yoghurt	Malted milk, Ovaltine, non-dairy creamers
Meat, Fish, Poultry	Fresh meats, fish, seafood, poultry; fish in canned oil, brine, or water	Prepared meat containing wheat, rye, oats, or barley; tuna canned in vegetable broth
Cheese	All aged cheese, ie: cheddar, Swiss, edam, parmesan; cottage cheese; cream cheese	Cheese with oat gum, some veined cheeses (bleu, stilton, roquefort, gorgonzola)
Potato or Starch	Potatoes, yams, hominy, rice, wild rice, and gluten-free noodles,	Regular noodles, spaghetti, macaroni, most rice mixes, seminola, frozen potato products with flour
Cereals	Corn and Rice cereals, Kellogg's Corn Pops,	All cereals containing wheat, rye, oats, or barley; bran; wheat germ; durum; kaska; bulgar; buckwheat; millet
Breads	Special breads with potato or corn flour	All breads containing wheat, rye, oat, or barley
Flours and Thickening Agents	Corn bran/flour/germ/starch, potato flour/starch/flour, rice bran, rice flour/ starch, soy flour, bean and lentil flours, nut flours	Amaranth, wheat germ, bran, wheat starch; flours containing wheat, rye, oats, or barley; buckwheat; spelt; quinoa; teff; kamut; millet
Vegetables	All plain, fresh, frozen, or canned vegetables; dried peas and beans; lentils; some commercially prepared vegetables	Creamed vegetables, vegetables canned in sauce, some canned baked beans, commercially prepared vegetables and salads
Fruits	All fresh, frozen, canned, or dried fruits; All fruit juices;	Thickened or prepared fruits dusted with flour
Fats	Butter, margarine, vegetable oil, nuts, peanut butter, hydrogenated vegetable oils, some salad dressings, mayonnaise,	Some commercial salad dressings, wheat germ oil, nondairy cream substitutes, most commercial gravies and sauces
Soups	Homemade broth and soups made with allowed ingredients, some canned soups	Most canned soups and soup mixes with hydrolyzed vegetable protein
Dessert	Cakes, pastries, and puddings made with allowed ingredients; cornstarch, rice puddings; some pudding mixes; custard; ice cream with few, simple ingredients; sorbet; meringues; mousse; sherbets; frozen yogurt	Commercial cakes, cookies; pies made with wheat, rye, oats, or barley; millet, amaranth, buckwheat, spelt, teff, quinoa, kamut; prepared mixes; puddings; ice cream cones; Jell-O instant pudding; cream fillings;
Sweets	Jelly, jam, honey, sugar, most syrups, some candy, chocolate, pure cocoa, coconut, marshmallows	Candies dusted with wheat flour, flavoured syrups; sweets containing malt flavourings; some brown rice syrup; some corn syrup
Miscellaneous	Salt, pepper, herbs, herbs, food colouring, ginger, nutmeg, cinnamon, chili powder, tomato puree and paste, olives, bicarbonate of soda, baking powder, , mustard, some condiments, apple cider, wine vinegar	Curry powder, seasonings mixes, gravy extracts, meat sauces, mustard, horseradish, chip dips, most soy sauce, white vinegar, instant dry baking yeast, some cinnamon, condiments made with wheat



The Gluten Free diet

The following grains & starches

are allowed:

- Rice
- Corn
- Potato
- Tapioca
- Bean
- Sorghum
- Soy
- Arrowroot
- Amaranth
- Quinoa
- Millet
- Tef
- Nut Flours

The following grains contain gluten

are NOT allowed:

- Wheat (durum, semolina)
- Rye
- Barley
- Spelt
- Triticale
- Kamut
- Farina

Questionable food that should NOT be eaten

unless you can verify they **do not** contain or are derived from prohibited grains:

- Brown rice syrup (made with barley)
- Caramel colour
- Dextrin (usually corn, but may be wheat)
- Flour or cereal products
- Hydrolysed vegetable protein (HVP)
- Malt
- Modified food starch
- Mono- & di-glycerides (in dry products)
- Natural and artificial flavours
- Soy sauce (soy sauces contain wheat)
- Vegetable gum (may be made from oats)

Foods frequently overlooked that

are NOT allowed: (may contain gluten)

- Breading
- Broth
- Coating mixes
- Communion Wafers
- Croutons
- Imitation bacon
- Imitation seafood
- Marinades
- Pasta
- Processed Meats
- Roux
- Sauces
- Self-basting poultry
- Soup base
- Stuffing
- Thickeners