

The Gluten Free Diet

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 Milk | Coffee, tea, carbonated drinks, wine, rum Fresh, dry, condensed milk; cream; yoghurt | Ale, beer, gin, whiskey, tea with barley 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; 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; fruit juices; | All 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, Curry powder, seasonings mixes, gravy extracts, meat ginger, nutmeg, cinnamon, chili powder, sauces, mustard, horseradish, chip dips, most soy tomato puree and paste, olives, bicarbonate sauce, white vinegar, instant dry baking yeast, some of soda, baking powder, , mustard, some cinnamon, condiments made with wheat condiments, apple cider, wine vinegar

**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

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