

Gluten-Free Diet

A gluten-free diet is most commonly used as a treatment for celiac disease, also known as celiac sprue or gluten-sensitive enteropathy. Gluten is a protein found in wheat, barley, rye and certain oats (WBRO).

Grains are used in the processing of many ingredients, so it will be necessary to seek out hidden gluten. In addition, although some grains are able to be eaten by patients with celiac disease, it is important to realize that some foods may be processed in factories that may also process gluten and therefore cross-contamination may occur.

There are now several companies that produce gluten-free products, both at local grocers as well as online, in addition to several support groups which provide recipes and help patients adapt to the gluten-free diet.

Below is a list of foods and guidelines to help ensure you are adhering to a gluten-free diet.

READ FOOD LABELS CAREFULLY.

**DO NOT EAT ANYTHING THAT CONTAINS THE FOLLOWING GRAINS:
WHEAT, RYE, OR BARLEY**

The following can be eaten in any amount:

- Corn
- Amaranth
- Potato
- Quinoa
- Rice
- Distilled white vinegar
- Malt vinegar
- Soybeans
- Tapioca
- Arrowroot
- Carob
- Buckwheat
- Millet



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The following terms found in food labels may mean that there is gluten in the product:

- Hydrolyzed Vegetable Protein (HVP) (unless made from soy or corn)
- Flour or Cereal products (unless made with pure rice flour, corn flour, potato flour, or soy flour)
- Vegetable Protein (unless made from soy or corn)
- Malt or Malt Flavoring (unless derived from corn)
- Modified Starch or Modified Food Starch (unless arrowroot, corn, potato, tapioca, waxy maize, or maize is used)
- Vegetable Gum (unless vegetable gums are carob bean gum, locust bean gum, cellulose gum, guar gum, gum arabic, gum aracia, gum tragacanth, xanthan gum, or vegetable starch)
- Soy Sauce or Soy Sauce Solids (unless you know they do not contain wheat)

Any of the following words on food labels usually means that a grain containing gluten has been used:

- Stabilizer
- Emulsifier
- Starch
- Hydrolized plant protein
- Flavoring
- Millet