

# GLUTEN FREE GUIDE

EVERYTHING YOU NEED TO START A GLUTEN FREE DIET



## Gluten Containing Grains to Avoid:

- Barley and Barley Malt Extract
- Bran
- Bulgur Wheat
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Faro
- Graham Flour
- Wheat (bran, germ and starch)
- Kamut
- Orzo
- Rye
- Panko
- Spelt
- Triticale
- Semolina

## Other Sources of Gluten to Avoid:

**Beverages:** Malted milk, ale, beer, some instant coffees

**Breads:** Wheat, rye, kamut, spelt, barley, pancakes, breads, muffins, biscuits (unless labeled GF), crackers, pretzels, bread crumbs or breaded foods



**Cereals:** All made with wheat, barley, rye, wheat germ or triticale

**Animal proteins:** Bread meat, poultry, fish, patties, croquettes or meat loaf, canned meats, creamed gravies, cheese spreads, cold cuts

**Potatoes/Pasta:** Spaghetti, Noodles, Macaroni, Dumplings

**Vegetables:** Any prepared with bread crumbs or cream sauces

**Desserts:** Commercial ice creams, ice cream cones, prepared puddings, mixed, cakes, cookies, doughnuts, pies, pastries

### **Gluten FREE grains/starches to choose:**

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Nut, bean or seed flours
- Millet
- Montina
- Potato starch
- Quinoa
- Rice
- Rice bran
- Sago
- Sorghum
- Soy
- Tapioca
- Teff



## **Other Sources of Gluten FREE foods to choose:**

**Beverages:** Milk, carbonated beverages, coffee, tea, cocoa

**Breads:** Breads made with rice, oats, soybeans, buckwheat or potato flours, GF waffle or pancake mixes, rice crackers or cakes

**Cereals:** Amaranth, millet or corn cereal, puffed corn, quinoa or rice cereal, Perky's nutty rice

**Desserts:** Custard, sherbets, rice/tapioca pudding, gelatin, fruit whips, meringues, GF cookies or cakes

**Fruit:** ALL

**Animal Proteins:** All meats, poultry, fish (no breading), all cheese, cheese spreads

**Potatoes/Pasta:** White/sweet potatoes, Rice noodles/pasta, Buckwheat pasta

**Vegetables:** ALL



## Gluten Free Substitutions and Cooking Tips

### Substitutes for 1 Cup of Wheat Flour:

- 5/8 Cup Potato Starch (10 Tablespoons)
- 7/8 Cup Rice Flour
- 1/2 Cup Corn Starch
- 1 Scant Cup Fine Cornmeal
- 3/4 Cup Coarse Cornmeal

### Substitutes for 1 Tablespoon of Wheat Flour:

- 1/2 Tablespoon Cornstarch
- 1/2 Tablespoon Potato Starch
- 1/2 Tablespoon Sweet Rice Flour
- 1/2 Tablespoon Arrowroot
- 2 Tablespoons Quick-Cooking Tapioca

### Breading Substitutes for Chicken & Fish:

- Crushed Potato Chips
- Corn Meal
- Potato Starch
- Dried Potato Flakes (Dip in egg and milk first)
- Cream of Rice Cereal
- Blended gluten-free corn flakes or crispy rice cereal

### Meat Loaf Fillers:

- Crushed gluten-free corn flakes
- Crushed gluten-free rice crackers
- Cream of rice cereal
- Instant mashed potato flakes
- Blended gluten-free rice cakes



### **Spaghetti and Noodle Substitutes:**

- Oriental rice sticks (Read label)
- Oriental rice noodles (Read label)
- Gluten-free pastas (Rice or Corn)

### **Gluten Free Brands:**

- Bob's Red Mill
- Gluten-free Pantry
- Cream Hill Estates
- Nature's Path
- Van's

## **Living Gluten Free Step by Step**

### **Step One: Remove the Main Grains**

Eliminate any food that you can quickly identify as containing gluten by reading labels carefully.

- Breads, rolls, bagels, cereals, pasta, desserts, snack foods (chips, granola, pretzels, etc.)

### **Alternatives to try:**

- **Bread:** Corn or Rice tortillas, Buckwheat
- **Cereals:** Amaranth, GF oatmeal, Quinoa flakes, Cream of rice
- **Pasta:** Soba noodles, rice or corn noodles, chickpea or lentil pasta
- **Desserts:** Frozen fruit, tapioca pudding, gelatin
- **Snacks:** Nuts with fruit, hummus and veggies



## **Naturally GF Foods:**

- GF grains
- Fruits
- Vegetables
- Meat, unprocessed
- Chicken
- Nuts
- Seeds
- Eggs
- Vanilla
- Spices

## **Step Two: Read Labels Carefully**

Now that you have eliminated the obvious sources, you need to start looking for hidden sources of gluten. It is time to start reading labels and learning the key words to look out for. Learning to read labels correctly can be frustrating, but don't quit - you will get the hang of it. Going completely gluten-free is not easy. Start slowly. One option is to begin reading food labels for one category of food at a time until you master it. For example, begin reading labels only on frozen foods. When you master this category, move on to condiments. Continue in this pattern until you are sure that all of your food choices are gluten-free. If you feel overwhelmed during this transition, don't panic. Write down your questions and make an appointment with your health care professional. They can help you overcome the pitfalls and frustrations and get you on the right track.



## Overlooked Gluten Sources:

- Ales, Beers and Lagers
- Breading
- Brown rice syrup
- Coatings
- Communion wafers
- Croutons
- Candy
- Lunch meats and cured pork
- Broths and soup bases
- Stuffing
- Imitation meats/seafood
- Soy sauce
- Marinades, gravies, and sauces
- Thickeners
- Drink mixes

## Hidden sources of Gluten:

The source of many of these ingredients must be carefully scrutinized to ascertain whether or not any gluten is present. For example, modified food starch from corn is acceptable, as long as no wheat starch is included. Pure buckwheat or buckwheat flour is acceptable, but many buckwheat flours are contaminated with or have wheat flour added.

- Artificial coloring
- Bacon bits
- Baking powder
- Binders
- Bleu cheese
- Brewer's Yeast



- Brown rice syrup (if barley malt is used)
- Caramel coloring
- Coatings
- Coffee (flavored or decaf. Starbucks, Peet's Folger's and Dunkin Donuts have GF coffee)
- Dispersing agents
- Dry roasted nuts
- Egg substitutes
- Emulsifiers
- Extracts
- Flavorings
- Glucose syrup
- Grain alcohol
- Gravy/Bouillon cubes
- Homeopathic remedies
- Hydrolyzed plant protein or vegetable protein
- Malt (vinegar, syrup or flavoring)
- Maltose
- Marinades
- Miso
- Modified food starch
- Natural flavoring
- Wheat germ oil
- Prescription medications
- Preservatives
- Restaurant sauces
- Salad dressings
- Smoke flavoring
- Soy sauce
- Spices
- Vegetable gum





## GF Ingredients (SAFE to consume)

- Acorn
- Almond
- Amaranth
- Arborio Rice
- Aromatic Rice
- Arrowroot
- Basmati Rice
- Brown rice
- Buckwheat
- Calrose
- Canola
- Cassava
- Channa
- Chestnut
- Chickpea
- Corn
- Cottonseed
- Dal
- Dasheen flour
- Enriched rice
- Fava bean
- Flax
- Garbanzo
- Glutinous rice
- Hominy
- Instant rice
- Millet
- Modified corn starch
- Peanut flour
- Potato flour/starch
- Oats\*
- Quinoa
- Red rice
- Rice flour
- Risotto
- Sago
- Sorghum
- Soy/tofu
- Starch (from safe grains)
- Sunflower seed
- Sweet rice flour
- Taro flour
- Tapioca
- Teff
- Wild Rice

\*Historically, oats were not recommended because it was thought that avenin (the storage protein found in oats) was also toxic to gluten-intolerant individuals. However, recent research in Europe and the US has described that oats are well-tolerated by most children and adults when consumed in moderation and do not contribute to abdominal symptoms, nor prevent intestinal healing. PLEASE NOTE: regular, commercially available oats are frequently contaminated with wheat or barley. However, "pure, uncontaminated" oats have recently become available from several companies in the US and Canada. These companies' process oats in dedicated facilities and their oats are tested for purity. Pure, uncontaminated oats can be consumed safely in quantities < 1 cup per day. It is important that you talk to your physician and your registered dietitian prior to starting oats. It is recommended that people with celiac disease meet with a registered dietitian who is educated in the disease and the gluten free diet. Long-term, it is critical to monitor the diet not only to ensure that gluten is completely out of the diet, but also to ensure that critical nutrients are being absorbed



## GF Additives (SAFE to consume)

- Acacia gum
- Adipic acid
- Algin
- Annatto
- Aspartame
- Baking yeast
- Benzoic acid
- Beta carotene
- BHA
- BHT
- Brewer's Yeast
- Brown sugar
- Calcium Disodium
- Carrageenan
- Caramel Color \*
- Carboxymethyl
- Cellulose
- Carob bean gum
- Corn syrup
- Cream of tartar
- Dextrose
- Ethyl maltol
- Fructose
- Fumaric Acid
- Gelatin
- Glucose
- Guar Gum
- Invert sugar
- Karaya gum
- Lactic Acid
- Lactose
- Lecithin
- Malic acid
- Maltodextrin\*\*
- Maltol
- Mannitol
- MSG
- Methylcellulose
- Papain
- Pectin
- Polysorbate
- Propylene glycol
- Psyllium
- Sodium benzoate, nitrate, metabisulphite, sulphite
- Sorbitol
- Stearic acid
- Sucrose
- Sucralose
- Sugar
- Tartaric Acid
- Titanium Dioxide
- Tragacanth
- Vanilla extract
- White vinegar\*\*\*
- Xanthan Gum
- Xylitol



## Notes:

\*Caramel color is manufactured by heating carbohydrates and is produced from sweeteners. Although gluten-containing ingredients can be used, they are not used in North America; corn is most often used, however it is important to check with food manufacturers.

\*\*Maltodextrin is made from cornstarch, potato starch, or rice starch.

\*\*\*Distilled white vinegar is safe to consume on the gluten-free diet. Vinegar is a solution made of acetic acid and flavoring materials such as apples, grapes, grain, and molasses. For example, cider vinegar is made from apple juice; malt vinegar is made from barley malt, balsamic vinegar is made from grapes. Distilled vinegars are gluten-free because the distillation process filters out the large gluten proteins so that they do not pass through to the end product. Therefore, the finished liquid is gluten-free. Patients with celiac disease should not be concerned about distilled white vinegar or foods such as pickles, which may contain it. The exception to this rule is MALT VINEGAR, which is not distilled, and therefore is not safe to consume.

Source: <http://celiacdisease.net/gluten-free-diet>



## Step Three: Avoiding Non-Food Sources of Gluten

### Common Hidden Sources of Gluten:

- Herbal supplements
- Vitamins/Minerals
- Medications
- Lotions
- Lipsticks, glosses and balms
- Play dough
- Stamps
- Envelope glue
- Mouthwash
- Toothpaste - Tom's of Maine, Aquafresh, Colgate and Crest are GF

### Ingredients to look out for (could contain gluten):

- Amino peptide complex
- Amp-isostearoyl
- Avena sativa
- Disodium wheatgermadmido PEG-2 sulfosuccinate
- Hordeum vulgare extract
- Hydrolyzed wheat protein
- Oat extract
- Oat beta-glucan
- Oat flour
- Sodium lauroyl oat amino acids
- Triticum vulgare
- Tocopherols
- Vitamin E
- Wheat bran extract
- Wheat amino acids
- Wheat germ extracts



## Step Four: It's All In The Details

Eliminating the areas of contamination is a major step, but now it's time to take care of the details. This section will talk about cleaning up the kitchen, where to find GF products, meal suggestions and an alcohol guide.

### Cleaning up the kitchen/eating out:

- **Toaster:** Should not be used with gluten-containing products. If you live with others, use your own toaster.
- **Jars/Butter Dishes:** They are easy to forget, but peanut butter jars, jams, jellies and butter may be contaminated.
- **Water:** Make sure the water you are using to boil pasta has not been used for gluten containing pasta
- **Skillets/Pans:** Do not use skillets or pans that were used to cook gluten containing food. Thoroughly wash pans, bowls, utensils, blenders, microwave ovens.
- **Wooden/Plastic cutting boards:** Get new cutting boards
- You cannot safely remove croutons from a salad, a burger from its bun, a sandwich from bread, or scrape gravy off meat. Crumbs of gluten will remain and contaminate your food
- When making a purchase in a deli, ask the employee to clean the slicer and change their gloves.

### Finding Gluten Free Products:

**Bread:** Glutino ([glutino.com](http://glutino.com)); Food for Life brown-rice or almond-and-rice bread ([foodforlife.com](http://foodforlife.com)), available in the organic freezer section at most Shaw's, Simple Kneads



**Bread mixes:** Bob's Red Mill ([bobsredmill.com](http://bobsredmill.com)); Anna mixes ([glutenevolution.com](http://glutenevolution.com)). Otto's Cassava Flour (<https://www.ottosnaturals.com/>)

**Cake:** Gluten-Free Pantry Chocolate Truffle Brownie Mix ([amazon.com](http://amazon.com)); Cause You're Special Moist Lemon Cake Mix ([glutenfreegourmet.com](http://glutenfreegourmet.com)); Authentic Food's Gluten-Free Chocolate Cake Mix ([authenticfoods.com](http://authenticfoods.com))

**Cereal:** Bakery on Main gluten-free granola ([bakeryonmain.com](http://bakeryonmain.com)); Enjoy Life ([www.enjoylifefoods.com](http://www.enjoylifefoods.com)) Puffins from Barbara's (<https://www.barbaras.com/products/puffins-cereals/>)

**Chips and snacks:** Kettle chips ([kettlefoods.com](http://kettlefoods.com)); Glutino pretzels ([glutino.com](http://glutino.com)); Ener-G pretzels ([ener-g.com](http://ener-g.com)); Popcorn Indiana flavored popcorn and kettle corn ([popcornindiana.com](http://popcornindiana.com)); Robert's American Gourmet Veggie Bootie and cheddar-cheese Pirate's Booty ([robscape.com](http://robscape.com)); Lundberg rice chips or rice cakes ([www.lundberg.com](http://www.lundberg.com)).

**Condiments:** Bragg's Liquid Aminos, Tamari, Coconut Amino's; Hellman's mayonnaise; many of Annie's brand salad dressings (<https://www.annies.com/products/gluten-free/>).

**Cookies:** Mi-Del ([midelcookies.com](http://midelcookies.com)); Pamela's Products cookies ([pamelasproducts.com](http://pamelasproducts.com)). Gluuteny (<https://gluuteny.com/>)

**Crackers:** Mary's Gone Crackers ([marysgonecrackers.com](http://marysgonecrackers.com)); Edward & Sons ([edwardandsons.com](http://edwardandsons.com)); rice crackers. Simple Mills Crackers (<https://www.simplemills.com/>)



**Ice cream:** Coldstone Creamery; Ben & Jerry's; some Baskin Robbins flavors.

**Meats and cold cuts:** Jones Dairy Farm frozen sausage ([jonesdairyfarm.com](http://jonesdairyfarm.com)), Applegate Farms cold cuts and hot dogs ([applegatefarms.com](http://applegatefarms.com)), Hormel "Natural Choice" cold cuts ([hormelfoods.com](http://hormelfoods.com)), most Boar's Head cold cuts ([boarshead.com](http://boarshead.com)).

**Pasta:** Tinkyada Brown Rice Pasta ([tinkyada.com](http://tinkyada.com)); Road's End Organic GF Mac & Chreese ([chreese.com](http://chreese.com)). Jovial (<https://jovialfoods.com/gluten-free/>)

**Soups:** Emeril's All Natural stocks ([emerilstore.com](http://emerilstore.com)), Kettle and Fire ([www.kettleandfire.com](http://www.kettleandfire.com))

**Sorbet:** Haagen Daaz; Edy's Grand.

**Waffles and pancake mix:** Van's All Natural (<https://www.vansfoods.com/>); Pamela's Products ([pamelasproducts.com](http://pamelasproducts.com)), Birch Benders (<https://birchbenders.com/collections/pancake-waffle-mix/products/paleo?variant=12164016898115>)

**Note:** Gluten-Free products/bakery items are not recommended more than occasionally due to the increased sugar content. The higher sugar content can negatively affect blood sugar levels, increase your body's acidity, and increase your weight if consumed often. Aim to replace grains with grain-free starches: Sweet potato, squash, peas, corn, etc



## Meal Suggestions:

**Protein** = Eggs, Cooked animal protein (Beef, chicken, turkey, bison, lamb, chicken/turkey sausage) or cooked fish (Cold water)

**Starch** = White potato, sweet potato, squash, peas, corn, yams, brown, wild or white rice, buckwheat, quinoa, millet

### Breakfast:

1. Egg whites with vegetables and a starch
2. Left-overs
3. Left over mashed potato or sweet potato mixed with salmon and fried as patties
4. Scrambled eggs with spinach, tomatoes, etc, rice cake with smashed avocado
5. Plain yogurt with nuts, honey and fresh fruit
6. Hot cereal with ground flax seed and fruit
7. Turkey or chicken Sausage with eggs and vegetables
8. Protein shake with ground flax seed and berries
10. Smashed Avocado on GF toast with dash of Everything But the Bagel Seasoning and Egg

### Lunch and Dinner:

1. Stuffed peppers with protein of choice and vegetables
2. Grilled/Broiled protein of choice with sautéed onions, salad, and a
3. Veggie stir-fry with protein of choice
4. Salad with cooled blanched vegetables with chopped egg, and chicken or turkey
5. Protein of choice with vegetables and a starch
6. Green salad with beans, vegetables, avocado, and olive oil
7. Beans, rice, and vegetables





## Snacks:

1. Fruit or rice cake with nut butter
2. Raw veggies with hummus
3. Nuts with berries
4. GF pretzels with cheese or peanut butter

## Plate Method:

- 1/2 plate veggies
- 1/4 starch
- 1/4 protein

## Alcoholic Beverages:

Distilled alcoholic beverages are gluten free because distillation effectively removes gluten from wheat. They are not gluten free if gluten-containing ingredients are added after distillation, but this rarely, if ever, happens. **All distilled alcohols are gluten-free. Beer is never gluten free, unless specified.**

- Armagnac - made from grapes.
- Bourbon - Makers Mark
- Brandy
- Champagne
- Cider - fermented from apples or other fruits. Some are safe, however, many add barley for enzymes
- Cognac - made from grapes.
- Gin
- Grappa
- Kahlua
- Kirschwasser (cherry liqueur)
- Margarita Mix - Jose Cuervo or Mr. & Mrs. T.



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- Martini - Club Extra Dry or Club Vodka
- Mead (Distilled from honey)
- Mistico - Jose Cuervo Mistico
- Mixes/Cooking Alcohol - Club Tom Collins, Diamond Jim's Blood Mary Mystery, Holland House (all except Teriyaki Marinade and Smooth & Spicy Bloody Mary Mixes), Mr. & Mrs. T (all except blood mary mix), Spice Islands (cooking wines)
- Ouzo (made from grapes)
- Rum
- -Sake (fermented with rice and Koji enzymes)
- Scotch whiskey
- Sherry
- Sparkling wine
- Tequila
- Vermouth
- Vodka
- Wine
- Wine coolers - Bartle & James or Boones