



DIGESTIVE HEALTH CONSULTANTS
Of Northern California

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Gluten-Free Diet

Purpose

Gluten is the protein part of wheat, rye, barley, and other related grains. Some people cannot tolerate gluten when it comes in contact with the small intestine. This condition is known as celiac disease (sometimes called non-tropical sprue or gluten sensitive enteropathy). There is also evidence that a skin disorder called dermatitis herpetiformis is associated with gluten intolerance.

In patients with celiac disease, gluten injures the lining of the small intestine. This injury results in weight loss, bloating, diarrhea, gas, abdominal cramps, or vitamin and mineral deficiencies. When patients totally eliminate gluten from the diet, the lining of the intestine has a chance to heal.

Removing gluten from the diet is not easy. Grains are used in the preparation of many foods. It is often hard to tell by an ingredient's name what may be in it, so it is easy to eat gluten without even knowing it. However, staying on a strict gluten-free diet can dramatically improve the patient's condition. Since it is necessary to remain on the gluten-free diet throughout life, it will be helpful to review it with a registered dietitian.

Oats is a grain that merits special attention. Oats are believed safe in patients with celiac disease although this was not always the case. The problem with oat products is not the grain but rather the manufacturing process. When oats are processed in the same facilities as wheat, contamination can occur even with the best cleaning protocol. Oat products can now be found that are not cross contaminated. These can be tried after an initial period of 6 months to see if they can be tolerated. Most, but not all patients can tolerate pure oat products.

Nutrition Facts

Depending on the foods selected, the gluten-free diet can meet the Dietary Reference Intakes (DRI's) of the Institute of Medicine.

Special Considerations

The person who prepares the patient's food must fully understand the gluten-free diet. Read food labels carefully.

- **Do not eat** anything that contains the following grains: wheat, rye, and barley.
- The following **can be eaten** in any amount: corn, potato, rice, soybeans, tapioca, arrowroot, carob, buckwheat, millet, amaranth and quinoa.
- **Distilled white vinegar** does not contain gluten.
- **Malt vinegar** does contain gluten.

Grains are used in the processing of many ingredients, so it will be necessary to seek out hidden gluten. 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**
- **starch**
- **flavoring**
- **emulsifier**
- **hydrolyzed plant protein**

There are now several companies that produce gluten-free products, and several support groups to provide delicious recipes and help patients adapt to the gluten-free diet.

Organized Groups

The Food Allergy Network

11781 Lee Jackson Hwy, Suite 160
Fairfax, VA 22033-3309
(800) 929-4040

American Celiac Society

P.O. Box 23455
New Orleans, LA 70183-0455
504-737-3293

Celiac Sprue

Association/USA, Inc.
P.O. Box 31700
Omaha, NE 68131-0700
(402) 558-0600
(877) CSA-4-CSA

Celiac Disease Foundation

13251 Ventura Blvd., Suite 1
Studio City, CA 91604-1838
(818) 990-2354

Gluten Intolerance Group

15110 10th Avenue SW, Suite A
Seattle, WA 98166-1820
(206) 246-6652

Companies That Sell Gluten-Free Products

Dietary Specialists, Inc.

P.O. Box 227
Rochester, NY 14601
(716) 263-2787
To place an order: 1-800-544-0099

Ener-G Foods, Inc.

5960 1st Avenue. S.
P.O. Box 84487
Seattle, WA 98124-5787
(206) 767-6660
Toll free: 1-800-331-5222

Gluten Free Pantry

P.O. Box 840
Glastonbury, CT 06033
860-633-3826

Glutino

3750 Francis Hughes
Laval, Quebec
Canada H7L5A9
1-(450) 629-7689
Toll free: 1-800-363-DIET (3438)
Fax: 1-(450)-629-4781
Website: www.glutino.com
email: info@glutino.com

The Really Great Food Company

P.O. Box 2239
St. James, NY 11780
Toll free: 1-800-593-5377

Cookbooks

The Gluten-free Gourmet

More from the Gluten-free Gourmet

Bette Hagma

Gluten Freeda Online Cooking Magazine
www.glutenfreeda.com

Food Group	Do Not Contain Gluten	May Contain Gluten	Contain Gluten
Milk & milk products (2 or more cups daily)	whole, low fat, skim, dry, evaporated, or condensed milk; buttermilk; cream; whipping cream; Velveeta cheese food; American cheese; all aged cheeses, such as Cheddar, Swiss, Edam, and Parmesan	sour cream commercial chocolate milk and drinks, non-dairy creamers, all other cheese products, yogurt	malted drinks
Meat or meat substitutes (5 to 6 oz daily)	100% meat (no grain additives); seafood; poultry (breaded with pure cornmeal, potato flour, or rice flour); peanut butter; eggs; dried beans or peas; pork	meat patties; canned meat; sausages; cold cuts; bologna; hot dogs; stew; hamburger; chili; commercial omelets, soufflés, fondue; soy protein meat substitutes	croquettes, breaded fish, chicken loaves made with bread or bread crumbs, breaded or floured meats, meatloaf, meatballs, pizza, ravioli, any meat or meat substitute, rye, barley, oats, gluten stabilizers
Breads & grains (4 or more servings daily)	cream of rice; cornmeal; hominy; rice; wild rice; gluten-free noodles; rice wafers; pure corn tortillas; specially prepared breads made with corn, rice, potato, soybean, tapioca arrowroot, carob, buckwheat, millet, amaranth and quinoa flour; puffed rice	packaged rice mixes, cornbread, ready-to-eat cereals containing malt flavoring	breads, buns, rolls, biscuits, muffins, crackers, and cereals containing wheat, wheat germ, oats, barley, rye, bran, graham flour, malt; kasha; bulgur; Melba toast; matzo; bread crumbs; pastry; pizza dough; regular noodles, spaghetti, macaroni, and other pasta; rusks; dumplings; zwieback; pretzels; prepared mixes for waffles and pancakes; bread stuffing or filling
Fats & oils	butter, margarine,	salad dressings, non-	gravy and cream

(servings depend on caloric needs)	vegetable oil, shortening, lard	dairy creamers, mayonnaise	sauces thickened with flour
Fruits (2 or more servings daily)	plain, fresh, frozen, canned, or dried fruit; all fruit juices	pie fillings, thickened or prepared fruit, fruit fillings	none
Vegetables (3 or more servings daily)	fresh, frozen, or canned vegetables; white and sweet potatoes; yams	vegetables with sauces, commercially prepared vegetables and salads, canned baked beans, pickles, marinated vegetables, commercially seasoned vegetables	creamed or breaded vegetables; those prepared with wheat, rye, oats, barley, or gluten stabilizers
Snacks & desserts (servings depend on caloric needs)	brown and white sugar, rennet, fruit whips, gelatin, jelly, jam, honey, molasses, pure cocoa, fruit ice, popcorn, carob	custards, puddings, ice cream, ices, sherbet, pie fillings, candies, chocolate, chewing gum, cocoa, potato chips	cakes, cookies, doughnuts, pastries, dumplings, ice cream cones, pies, prepared cake and cookie mixes, pretzels, bread pudding
Beverages (4 to 6 cups or more daily)	tea, carbonated beverages (except root beer), fruit juices, mineral and carbonated waters, wines, instant or ground coffee	cocoa mixes, root beer, chocolate drinks, nutritional supplements, beverage mixes	Postum™, Ovaltine™, malt-containing drinks, cocomalt, beer, ale, gin, whiskey, rye
Soups	those made with allowed ingredients	commercially prepared soups, broths, soup mixes, bouillon cubes	soups thickened with wheat flour or gluten-containing grains; soup containing barley, pasta, or noodles
Thickening agents	gelatin, arrowroot starch; corn flour, germ, or bran; potato flour; potato starch flour; rice bran and flour; rice polish; soy flour; tapioca, sago		wheat starch; all flours containing wheat, oats, rye, malt, barley, or graham flour; all-purpose flour; white flour; wheat flour; bran; cracker meal; durham flour; wheat germ
Condiments	glutent-free soy sauce, distilled white vinegar,	flavoring syrups (for pancakes or ice	

	olives, pickles, relish, ketchup	cream), mayonnaise, horseradish, salad dressings, tomato sauces, meat sauce, mustard, taco sauce, soy sauce, chip dips	
Seasonings	salt, pepper, herbs, flavored extracts, food coloring, cloves, ginger, nutmeg, cinnamon, bicarbonate of soda, baking powder, cream of tartar, monosodium glutamate	curry powder, seasoning mixes, meat extracts	synthetic pepper, brewer's yeast (unless prepared with a sugar molasses base), yeast extract (contains barley)
Prescription products		all medicines: check with pharmacist or pharmaceutical company	

Sample Menu		
Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • cream of rice <i>1/2 cup</i> • skim milk <i>1 cup</i> • banana <i>1 med</i> • orange juice <i>1/2 cup</i> • sugar <i>1 tsp</i> 	<ul style="list-style-type: none"> • baked chicken <i>3 oz</i> • rice <i>1/2 cup</i> • green beans <i>1/2 cup</i> • apple juice <i>1/2 cup</i> • ice cream (made with-out wheat stabilizers) <i>1/2 cup</i> 	<ul style="list-style-type: none"> • sirloin steak <i>3 oz</i> • baked potato <i>1 med</i> • peas <i>1/2 cup</i> • fruited gelatin <i>1/2 cup</i> • butter <i>1 Tbsp</i> • tea <i>1 cup</i> • sugar <i>1 tsp</i>

This Sample Diet Provides the Following			
Calories	1748	Fat	62 gm
Protein	77 gm	Sodium	1577 mg
Carbohydrates	225 gm	Potassium	2934 mg