

Gluten-free* Dietary Guidelines

**no food or food products containing wheat, rye, barley or oat sources*

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FOOD CATEGORY	Generally Recognized as Gluten-free	Potential Gluten Sources	Generally Recognized as Gluten-containing
<p style="text-align: center;">Dairy Products and Substitutes</p>	<p>Milk, cream, buttermilk, natural cheese without a vein, natural yogurt, natural cream cheese, natural cottage cheese & natural sour cream. Lactaid brand milk. Products labeled Pereve. Lactaid® 100 milk.</p> <p>All Plain yogurt Colombo yogurt Yoplait Yogurt</p> <p>Carnation® coffee creamers, CoffeeRich™, Westsoy™, and Westbrea™, and Silk Soy™ soy milk be sure it is fortified with calcium, Pacific™, Rice Beverage, Almond™ Breeze and Pure coconut milk.</p>	<p>Additive, flavored, or seasoned sour cream, cheese, processed cheese products or sour cream. Veined cheese. Milk drinks, chocolate milk. Dairy Ease brand milk. Yogurt with modified food starch. Rice, soy or non-dairy milk substitutes. Enzymes used in cultured dairy products are <u>not</u> typically from wheat starch but are usually Rennin or Rennet obtained from calf or bovine stomach. Temporary lactose (milk sugar) intolerance may develop with celiac disease. Reducing intake of dairy products & avoiding consumption of solitary dairy products should be tried. As you recover, dairy product consumption may be increased on a trial basis.</p>	<p>Malted milk Cookie, crunchy, or granola topped yogurt or ice creams.</p> <p>Rice Dream™ milk substitute-contains trace, nearly undetectable amounts of gluten in the form of “enzymes”.</p> <p>Roquefort Cheese</p>
<p style="text-align: center;">Grains</p> <p>Cereals: 100% puffed rice; Barbara’s® Cornflakes, rice cereal, brown rice crisp or frosted corn flakes, Crunchy Brown Rice Cereal; Health Valley’s® rice or corn crunchems & blue corn flakes; Nature’s Path® Foods corn flakes, mesa sunrise; Pacific Grain® nutty rice; Amazon® corn or rice cereals; cream of rice and grits, Bob’s Red Mill Mighty Tasty GF hot cereal- (tastes similar to cream of wheat). Hodgson Mills® Buckwheat Flour for pancakes-recipe on box. Erewhon-rice cereals. Orgran-muselix cereal; Ener-g –granola cereal. Perky – O’s cereal like “Cheerios”. Envirokidz peanut butter Panda Puffs.</p>	<p>Pastas, cereals, bread, rolls, pastries, croissants, muffins, bagels & buns <u>made from allowed ingredients including</u> corn, rice, arrowroot, bean, nuts, potato, tapioca, sago, rice bran, flaxseed, sorghum, seeds, carob, amaranth, buckwheat, millet, Quinoa, ragi, hummus, Job’s Tears, hominy, teff corn gluten, & glutinous rice. Tinkyada® pasta, or any gluten-free pasta with Rice Bran. Van’s® or Lifestream® gluten-free waffles in freezer section of health food grocery stores. Breads, bagels www.kinnikinnick.com. Baguettes at www.EverybodyEats-Inc.com , Anna’s Breads® at www.glutenevolutions.com Gluten-free flour blend by Tom Sawyer® at www.glutenfreeflour.com</p>	<p>Be sure products are in their pure form and not combined with flour. Oats has traditionally not been allowed on a gluten-free diet. New research is conflicting regarding the safety of oats. Oats can be tried back in your diet with the approval of your MD or dietitian <i>and will require monitoring</i>. Regular store bought oats are contaminated with wheat by milling and processing. Pure, uncontaminated oats are now commercially available from Canada at creamhillestates.com. Be sure to discuss use of oats with <u>your physician or dietitian first</u>. <i>Do not use grains from bulk containers as increased risk of contamination. The risk of contamination exists in products manufactured in plants containing wheat.</i></p>	<p>Pastas, cereals, bread, rolls, pastries, croissants, muffins, crackers, bagels, biscotti, pita, pumpernickel, sour dough, multigrain, flat bread & buns <u>made from ingredients including</u> barley, couscous, semolina, durum, einkorn, Kamut, matzo, rye, spelt, triticale, tritium, wheat flour, enriched flour, flour unspecified, wheat bran, wheat germ, cracked wheat, polish wheat, wheat starch, stone ground wheat, cake flour, graham, low gluten flour, & wheat gluten. Codex Alimentarius wheat starch <u>does contain trace amounts of gluten</u> and should be excluded. Malt flavored cereals like Kellogg’s® rice krispies or Kellogg’s® corn flakes.</p>

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Meat & Meat Substitutes	<p>Fresh meat, poultry, fish, shellfish, mollusks, eggs, dried peas, beans, peanut butter, plain salted/unsalted nuts. Plain unmarinated, unseasoned, plain tofu. Kosher meats. Krakus Ham, Eckrich®, Oscar Meyer®, Louis Rich®, Jennie-O®, Sarah Lee® & Purdue®, Buddig® deli meats, hot dogs and sausages are to date gluten-free.</p> <p>Meat Substitutes: Dragonfly Organic Burger Goodlife Organic Burger Naturemade Oasis Burger (Difficult to find in health food grocery stores just type into the internet to find locations).</p>	<p>Processed or preserved meat and meat substitutes such as luncheon meat, ham, bacon, meat sandwich spreads, meat loaf, meat balls, frozen-processed meat patties, sausages, pate, wieners, imitation meat and seafood, self basting meat, product infused with ingredients. Broth, marinade, teriyaki, soy sauce, au jus, infused, injected and gravy bathed meat or substitute. Canned legumes—rarely contain gluten. Processed egg & egg substitutes. Seasoned or marinated tofu. Natural flavors or hydrolyzed proteins in meats must list the proteinaceous source on the label by law and therefore would list the grain if one is used. Example “modified wheat starch” or ‘natural malt flavor”.</p>	<p>Wheat flour breaded patties & battered meat, fish, or poultry items. Gravy packets.</p> <p>Pork products cured with natural juices or cured with X% of ingredients as may contain modified food starch which may contain wheat, albeit the risk is low due to wheat not often being used to produce modified food starch due to the higher cost, the risk does exist.</p> <p>Roquefort</p>
Fruits & Vegetables	<p>Fresh, frozen and canned fruits, vegetables, and juices.</p> <p>Comstock™ pie filling.</p>	<p>Thickened, flavored, cream, yogurt or cheese sauce, spiced or seasoned fruits and vegetables including French fries & canned legumes (e.g. baked beans). Fruit pie and compote fillings. Check Labels carefully. Hash browns.</p>	<p>Breaded, battered or coated fruits & vegetables. Streusel and granola topped fruits. Commercially prepared scalloped or au gratin potatoes.</p>
Soups Progresso® labels do list WHEAT as an allergen ingredient at the bottom of the nutrition label as part of the food allergy labeling law. But check ingredients for barley, malt, beer, and rye (rye is rarely in soup) etc.	<p>Homemade broth, homemade cream soups and stocks made from allowed ingredients.</p>	<p>Canned and dried soups. Wheat gluten is used in most commercial/restaurant soup base/broth/bouillon. The source of base/broth/bouillon needs to be investigated in canned soups.</p>	<p>Soups made with pasta, noodles, bread, beer, or barley. BE SURE homemade</p>
Fats	<p>Butter, margarine, lard, oils, cream shortening, homemade salad dressing with allowed ingredients. Hellmann's® Mayonnaise all types is gluten free. Regular Miracle Whip® Vinegar and oil base salad dressings.</p>	<p>Commercially bottled salad dressings and mayonnaise. Fats containing modified food starch must have the source of the food starch checked as it is possible by law to come from wheat, however, it is unlikely due to high costs of modified wheat starch.</p>	<p>Packaged suet. Baker's cooking sprays with flour. Au jus. Roquefort Salad Dressing</p>
Desserts	<p>Gelatin, sherbet, fruit ice, egg custards, pure chocolate. Specially made desserts with allowed ingredients. Cornstarch puddings.</p>	<p>Instant, canned, or dry mix puddings & custards. Candies that contain caramel, licorice, or nougat should have their label read carefully. Ice cream with caramel or candy.</p>	<p>Regular cookies, cakes, pies, candy with malt or crispy in them. Ice cream with cookie, crispy, & granola. Pretzels & Chex® mix. Cookie dough. Malted shakes & ice cream.</p>

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Sweeteners	Sugar, honey, jam jelly marmalade, corn syrup, maple syrup, molasses, chocolate, Nutrasweet®, Splenda®, saccharin, Sunette®. Dextrose, maltodextrin, maltol. Hershey's®, Nestle®, and Dove® chocolates without crispies.	Icing, frosting (some Pillsbury® canned frostings are GF, check the label), some candy, some lemon curd, and some rice syrups. Dextrin.	
Snacks	<p>Plain potato chips, tortilla chips, popcorn, seeds & nuts. Glutano® pretzels. Chebe® Bread makes an easy pizza crust that is delicious.</p> <p>Cereal Bars: Envirokidz® snack Bars, Omega-Smart® Bars, Andi® snack bars, Jacobs Ladder® bars, Orgran® fruit bars, Lara® bars.</p> <p>Meal Replacement/Endurance Bars: Boomi® Bar (12 g protein) Honey Bar® (8 g protein) Nutiva Bar® (14 g. protein) all sold at www.glutenfreemall.com under bars. PurFit® Bar available at wild oats, amazon.com</p>	<p>Flavored or smoked or seasoned chips, popcorn, nuts, & seeds as wheat flour may be listed on the label as a dispersion vehicle for flavors and seasonings. Fast foods and flavored snack items have a higher risk for contamination with gluten.</p>	Regular pizza.

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<p>Condiments/Misc.</p>	<p>Plain tomato paste, plain tomato sauce, pure herbs and spices, fresh herbs and spices, pure black pepper, gums, cellulose, lecithin, carrageenan. Vinegar except malt vinegar. Cream of tartar, baker's yeast, pure coconut, & carob. MSG & citric acid made in the US. Calumet® Baking powder, Arm & Hammer® Baking soda. Herbox® bouillon, most pickles are made without barley or wheat.</p> <p>Pure spices and herbs, e.g. oregano, basil, etc.</p> <p>Natural, artificial and Synthetic Flavors or Extracts (including vanilla flavor or extract) EXCLUDING MALT are generally recognized as gluten-free.</p> <p>Citric acid and MSG products made inside the US. La Choy® brand soy and teriyaki sauce. Lea & Perrins® Worcestershire sauce. Starch as an ingredient in foods.</p>	<p>Most US made soy sauce, teriyaki sauce, steak sauce, rice syrups, Worcestershire sauce, marinades, spice mixes, spice packets, seasoning packets. Modified food starch", <i>usually from corn if made in the US but source needs to be checked as by law may come from wheat.</i> "Seasonings" without a description to follow, is a catch all phrase that may include wheat as a dispersion ingredient. Seasoning mixes to make chili or tacos for example must read the label.</p> <p>Mono & di glycerides albeit rare and likely not detectable by standard measures and considered safe.</p> <p>If a proteinaceous grain (e.g. wheat) is used in a flavor is must list the proteinaceous source on the label by law. Starch as an ingredient in medications & vitamins.</p>	<p>Imitation Pepper (often in individual packets) Plain herbs and spices cannot use wheat products as anti-clumping or flow agents by law.</p> <p>Malt vinegar, malt flavoring, or malt extract.</p> <p>Communion wafer and holy breads</p> <p>Yeast malt sprout extract.</p> <p>Au jus.</p> <p>Citric acid & MSG made outside US.</p>
<p>Beverages</p>	<p>Fresh brewed coffee & water- processed-decaffeinated tea/coffee, cocoa, cider; alcoholic beverages made from potato, grapes, or corn including wine, sake and champagne. Rums. Cuervo Tequilas, clear distilled spirits. Pepsi® & Coke® products. Scotch and Whiskey despite being made from a gluten-containing grain are thought by scientists to be gluten-free—the color comes from the cask it is aged in. Gluten-free beers such as Anheuser Busch's® Redbridge.</p>	<p>Some instant coffee/tea, flavored coffee/tea, root beer & drink mixes.</p>	<p>Postum®, Ovaltine®, malt beverages, beer. Single-serve malt beverages like wine coolers and malt alcoholic drinks. (See section on distillation and gluten-free beer in this manual).</p>

IF IN DOUBT, THEN LEAVE IT OUT – until you can check it out.

Disclaimer: These are recommendations are provided as a convenience to individuals with Celiac disease. **Inclusion on this list does not imply endorsement.** Even though a manufacturer or label may list a product as "gluten-free" only you can make the decision to include it in your diet.

Continue to read labels and ask questions as manufactures are free to change ingredient sources without notification to the public.

Vitamins: Nature Made® multivitamins Citrical calcium. Niforex® forte- iron prescription only