

CELIAC DISEASE: Getting Started on a Gluten-Free Diet



WHAT IS CELIAC DISEASE?

Celiac disease is a genetic autoimmune disease that damages the villi of the small intestine and interferes with absorption of nutrients from food. A strict gluten-free diet is the only current treatment for celiac disease.

WHAT FOODS CAN YOU EAT?

There are many **naturally gluten-free foods** that should play a central role in a well-balanced gluten-free diet. Use the chart below as a guide to help you make more informed choices for a healthy, balanced diet. Always remember to check labels on packaged foods to prevent accidental gluten exposure.

WHAT IS THE GLUTEN-FREE DIET?

Following a gluten-free diet means you will need to avoid foods made with gluten-containing grains including **wheat, barley, and rye**. These grains are found in common foods like bread, pasta, crackers, cookies, baked goods, and cereal.



FOODS TO INCLUDE				FOODS TO QUESTION OR AVOID			
Grains and grain-based products: Amaranth Polenta Rice Gluten-free wheat starch Arrowroot Millet Sorghum Flours, pasta, breads, cereals, Buckwheat Gluten-free oats Tapioca crackers and cookies made Cassava Potato Teff with the above grains Corn Quinoa				Grains and grain-based products: Wheat (includes kamut, semolina, spelt, triticale, farro, einkorn) Breads, panko, Communion Barley (flakes, pearl) Rye flour, bread, cereals, couscous, wafers Barley malt and flavoring pasta, cakes, cookies, Matzo (flavoring, vinegar, Oats not labeled and snacks made Rice pilaf extract, and syrup) gluten-free from wheat Orzo			
Flours from nontraditional sources: Bean flour: chickpea, lentil, soy, black bean Nut flour: almond, chestnut, coconut Seed flour: flax seed				Wheat, barley, and rye-based flours: All-purpose flour Bread flour Cake flour			
Dairy and related products: Dairy milk Cheese Sour cream Non-dairy milks, such as almond Yogurt Whipped cream milk, soy milk, coconut milk Kefir Ice cream				Dairy and related products: Oat milk that is not Dairy products with added Ice creams with labeled gluten-free cookie crumb or granola if ingredients like cookie not labeled gluten-free dough, cookies, pretzels, etc.			
Animal Proteins: Meat Eggs Fish/Seafood Poultry				Animal Proteins: Imitation crab Marinated, breaded, or coated proteins Check labels for deli meats, sausages, salami, hot dogs, and prepared meats			

FOODS TO INCLUDE	FOODS TO QUESTION OR AVOID
<p>Fruits and Vegetables: All in plain / whole form</p>	<p>Fruits and Vegetables: Check labels for fruits and vegetables prepared in sauces or packaged with other items (e.g. crackers)</p>
<p>Fats: All varieties of butter, margarine, and oil</p>	<p>Fats: Check labels for baking and cooking sprays</p>
<p>Sauces, seasonings, sweeteners, and spices: Honey Pickles, olives, relish Maple syrup Plain spices Mayonnaise Sugar Mustard Sugar substitutes Ketchup Coconut aminos Pasta sauce Tamari</p>	<p>Sauces, seasonings, sweeteners, and spices: (Check labels for all) Cake icing Soy sauce not labeled Spice blends, taco seasoning, marinades Licorice Candy gluten-free Soups, gravies, sauces, Pickles made with Teriyaki sauce not bouillon cubes, and malt vinegar labeled gluten-free thickening agents Sprinkles / jimmies Hoisin sauce Worcestershire sauce</p>
<p>Alcohol: Distilled spirits Hard cider Wine Gluten-free beer</p>	<p>Alcohol: Beer Malt beverages</p>

READING FOOD LABELS:

When shopping, always read food labels carefully, as gluten-containing ingredients are often hidden. Look for gluten-containing ingredients in the **INGREDIENTS STATEMENT** on every packaged food.

The use of the term ‘gluten-free’ on food products is regulated by law. Products may or may not be certified by a 3rd party, but this is not required. All products bearing a “gluten-free” claim of any kind must contain less than 20 parts per million (ppm) of gluten, which is an international standard. Products do not have to be certified by a third party in order to be considered gluten-free.

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 5g		5g	8%	Total Carb. 102g	34%
Serv. Size 5 1/5 oz (147g)		Sat. Fat 3.5g	17%	Fiber 6g	23%
Serv. Per Cont. 1		Trans Fat 0g		Sugars 2g	
Calories 570		Cholest. 25mg	8%	Protein 25g	
Fat Cal. 50		Sodium 520mg	22%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 0%		Vitamin C 0%	
		Calcium 6%		Iron 8%	

INGREDIENTS: Couscous, Dry, Cream Soup Base, Food Starch-Modified, Corn Syrup Solids, Maltodextrin, Coconut Oil, Salt, Whey, Sugar, Sodium Caseinate, Dipotassium Phosphate, Mono & Diglycerides (as Emulsifiers), Soybean Oil, Dehydrated Onion, Disodium Inosinate, Disodium Guanylate, Xanthan Gum, Dehydrated Garlic, Spice, Butter Flavor [with Annatto and Turmeric (for color)], Artificial Color (Yellow 5 and 6), Chicken Dry Cooked, Cornstarch, Cheese, Parmesan, Dry Grated, Granulated Garlic, table salt, Pepper Black, Dry Butter (Butter Powder (butter, Salt), Buttermilk Powder.), Spices, Basil, Dried

CONTAINS: Milk, Wheat

KEEP IN MIND: Even if the words “gluten-free” do not appear on a package, it can still be appropriate for someone with celiac disease if there are no gluten-containing ingredients on the label.

CONFUSING INGREDIENTS THAT ARE SAFE FOR A GLUTEN-FREE DIET

There are some ingredients that are made from gluten-containing grains that have been processed so that the gluten is removed. The following list contains examples of these ingredients that are safe for people with celiac disease.

If you’re not sure whether a food product that contains a specific ingredient is safe, look for a gluten-free label. If in doubt, call the manufacturer.

- 1** **Glucose syrups** derived from wheat or barley, including dextrose.
- 2** **Distilled ingredients made from cereals** that contain gluten, for example, alcoholic spirits.
- 3** **Codex Wheat Starch:** This is also known as ‘gluten-free wheat starch’ and is used in some gluten-free products to improve the texture and ‘mouth feel’ of products. GF wheat starch and products containing it are safe for people with celiac disease to eat as the gluten has been removed to a trace level (≤20ppm).