

Peanut butter
Plain peanuts or other nuts
Milk
Pepperoni

FRUITS & VEGETABLES

1 piece fresh fruit
Apple slices
Fruit cups
Cut-up fresh vegetables
Tossed Salad
100% Fruit Juice boxes
Dried fruit
Small container frozen fruit

EXTRAS

Jelly
Cream cheese
Salad dressing
Ketchup
Mustard
Salsa
Yogurt fruit dip
Vegetable dip
Mayonnaise

GRAIN GROUP

Rice cakes
White corn soft tortillas
Taco shells
Tostada shells
Popcorn
Small bag of GF cereal
Pumpkin seeds
Sunflower seeds
Corn tortilla chips
Homemade GF cereal snack mix
GF cereal bars:
Natures Path & Glutino

Rice crackers
GF pretzels
GF waffle - toasted
GF pancakes
GF pizza crust - baked

TREATS

Pudding cup
Jell-O Cup
Homemade trail mix
Hershey kisses
Tootsie rolls
Potato chips
Corn chips
GF cookies
Marshmallows
M&M's

Resources

American Celiac Disease Alliance

2504 Duxbury Place
Alexandria, VA 22308
Phone: 703-622-3331
Email: info@americanceliac.org
Internet: www.americanceliac.org

Celiac Disease Foundation

13251 Ventura Boulevard, #1
Studio City, CA 91604
Phone: 818-990-2354
Fax: 818-990-2379
Email: cdf@celiac.org
Internet: www.celiac.org

Celiac Sprue Association/USA Inc.

P.O. Box 31700, Omaha, NE 68131-0700
Phone: 1-877-CSA-4CSA (272-4272)
Fax: 402-643-4108
Email: celiacs@csaceliacs.org
Internet: www.csaceliacs.org

Children's Digestive Health and Nutrition Foundation

P.O. Box 6, Flourtown, PA 19031
Phone: 215-233-0808
Fax: 215-233-3918
Email: mstallings@naspgghan.org
Internet: www.cdhnf.org
www.celiachealth.org

Gluten Intolerance Group of North America

31214 124th Avenue SE
Auburn, WA 98092-3667
Phone: 253-833-6655
Fax: 253-833-6675
Email: info@gluten.net
Internet: www.gluten.net

National Foundation for Celiac Awareness

224 South Maple Street
Ambler, PA 19002-0544
Phone: 215-325-1306
Email: info@celiaccentral.org
Internet: www.celiaccentral.org



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Gluten-Free Diet

A diet that eliminates all forms of wheat, rye, barley, and oats is a gluten-free diet. Small amounts of oats are okay if they are not cross contaminated. Following are some dietary suggestions for foods that are allowed on a gluten-free diet, and ones to avoid:

Food Categories

GRAINS

Allowed: Rice, corn, soy, arrowroot, potato, and tapioca-containing products; Breads and crackers made from these flours; Cereals made from cornmeal, millet, buckwheat, hominy, quinoa, puffed rice, crisp rice (without malt) and cream of rice; Rice, corn, or bean pasta; Pure corn tortillas

Grains to avoid: Anything made with or containing wheat, barley, rye, kasha, durum flour, spelt, kamut; cereals that contain these grains or graham or wheat germ or bulgur; includes bread, bagels, English muffins; Malt flavoring if not specified from corn; Regular spaghetti, macaroni, noodles; Packaged rice mixes, communion wafers, dumplings, fritters, doughnuts

VEGETABLES

Allowed: All fresh, frozen, dried, or canned vegetables, if free of thickening additives

Vegetables to avoid: Those that contain thickening additives (may contain wheat flour)

FRUITS

Allowed: All fresh, frozen, dried or canned fruits

Fruits to avoid: Those that contain thickening additives, such as fruit pie filling

MEATS AND MEAT SUBSTITUTES

Allowed: Fresh meat, poultry, and seafood; Unbreaded, frozen meat, poultry, or seafood; Natural cheeses, cream cheese; cottage cheese, pure peanut butter, plain dried beans and peas, eggs

Meats to avoid: Processed meats that contain wheat, rye, oats or barley, such as: luncheon meats, sausages, canned meats that contain fillers; Self-basting poultry (may contain fillers with gluten); Ground meats containing "oat trim" or "lean maker;" The following items that may contain gluten: chili, meatloaf, stew, sandwich spreads, cheese spreads, canned baked beans, fondue, creamed eggs or souffles

MILK/BEVERAGES

Allowed: Fresh, dry, evaporated, or condensed milk; sweet or sour cream, buttermilk, carbonated beverages, fruit and vegetable juices, tea, pure cocoa, cider

Milk/Beverages to avoid: Malted milk, commercial chocolate drinks with cereal additives, instant breakfast drinks, cocoa mixes, nondairy creams and some yogurt, alcohol derived from grains, fruit punch powders, beer, whisky, gin, vodka, flavored coffee, some herbal teas

SOUPS

Allowed: Homemade broth and unthickened soups, cream soups made from allowed flours

Soups to avoid: Soups containing gluten, noodle soups, canned cream soups, dried soup mixes, bouillon

POTATOES

Allowed: White or sweet potatoes

Potatoes to avoid: Creamed or scalloped potatoes, commercial potato salad (may contain gluten), potato mixes

FATS, DRESSINGS

Allowed: Butter, cream, margarine, oils, pure mayonnaise, homemade salad dressings and gravies, bacon

Fats & Dressings to avoid: Many prepared salad dressings, cream sauces and gravies, shortening (may contain gluten)

DESSERTS AND SNACKS

Allowed: Some ice creams and sherbet, sweets prepared with allowed flours, gelatin, fruit ice, fruit snacks

Desserts & Snacks to avoid: Some ice creams and sherbet, commercial cake, cookies, pies, puddings, ice cream cakes, pretzels

Gluten-Free Grains: SAFE

Amaranth	Maltol (sweetener not related to malt)
Arrowroot flour	Mannitol
Baking soda	Millet
Bean flour	Montina™
Buckwheat	Montina™
Cassava (Manioc flour)	Molasses
Corn flour, cornmeal, cornstarch	Mustard flour (ground mustard)
Cream of tartar	Poi
Dal or Dahl	Potato flour, potato starch
Flax	Quinoa
Gelatin	Quinoa
Green pea flour	Rice bran, rice flour, rice polishing/starch
Gums: acacia, carob bean gum, carrageenan, cellulose, guaica, guar, karaya, locust bean, tragacanth, xantham	Sorghum Soy, Soy flour, soy starch, tofu Sweet potato
Invert sugar	Tapioca flour, tapioca starch
Kudzu lecithin	Teff
Legumes: channa, chickpeas, lentils, peanuts, peas	White vinegar Yam
Maltodextrin	Yeast

Grains Containing Gluten: AVOID

Barley	Wheat
Barley malt, extract	Wheat berry
Bran	Wheat bran
Bulgur	Wheat germ
Couscous	Wheat germ oil
Durum Einkorn	Wheat gluten
Emmer	Wheat starch
Farina	
Faro	
Graham flour	
Kamut	
Matzo flour, meal	
Orzo	
Panko	
Rye	
Seitan	
Semolina	
Spelt	
Triticale	
Udon	

Questionable Ingredients:

- **Dextrin** – May be derived from corn, waxy maize, waxy Milo, potato, arrowroot, WHEAT, rice, tapioca, or sago. Avoid WHEAT sources.
- **Caramel Color** – Safe in the U.S.
- **Modified Food Starch** – If wheat is used, the ingredients list will state, “Contains WHEAT,” or “Made on equipment that processes WHEAT”
- **Starch** – If wheat is used, the ingredients list will state, “Contains WHEAT” or “Made on equipment that processes WHEAT”
- **Seasonings** and spice blends or mixes
- **Baking Powder** – May contain wheat starch; Rumford Baking Powder - Non-Aluminum and Clabber Girl baking powder are gluten-free according to their websites.

Watch Out for Cross Contamination

- Toasters
- Colanders (strainers)
- Bread makers: Bread maker should not be used with both gluten-free bread mixes and gluten-containing mixes.
- Be careful with your sponges!
- Condiment containers (for jam, butter, etc.) Avoid double-dipping! Instead, consider using a spoon to scoop out and then spread.

Gluten Free Meal & Snack Ideas

BREAKFAST

- Gluten-free (GF) cereal mixed with fruit and milk (add ground flax seed for more fiber)
- GF bread, bagel, or muffin toasted, topped with cream cheese, peanut butter, preserves or honey
- Homemade French toast prepared with high-fiber, gluten-free bread
- Fruit smoothie made with yogurt and fresh fruit

LUNCH

- Homemade pizza (GF crust) topped with gluten-free pizza sauce, cheese, veggies

- Leftovers (casseroles, pasta, meat, potatoes, chicken, rice, quinoa)
- Wraps made with lettuce or corn tortillas stuffed with rice noodles, meat, vegetables, or cooked rice
- Baked potatoes topped with cheese, vegetables, chili

DINNER

- Gluten-free lasagna
- Meatloaf made with lean turkey or beef, gluten-free bread crumbs, egg, and herbs/spices
- Gluten-free tacos made with corn tortillas
- Stir-fry made with fresh vegetables, gluten-free soy sauce, served over rice

SNACKS

- Yogurt
- Popcorn
- Fresh vegetables and dip

Gluten-Free Friendly Brown Bag Lunch

There are many gluten-free options for packing a gluten-free (GF) lunch. To make it nutritious, try to pick at least one item from each of the bolded groups below.

Note: These items can be found in most grocery stores, even the GF items. Most versions of the other items are gluten free. **ALWAYS CHECK LABELS!** Call manufacturers if you are unsure if a particular product contains gluten.

PROTEIN GROUP

String cheese GF

Lunchmeat:

Roll into a log or cut with cookie cutters

Cheese slices

Cottage Cheese cup

Yogurt cup

Yogurt stick

Boiled eggs

Tuna