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## GLUTEN FREE DIET

Patients with celiac disease must follow a strict gluten-free diet. They must avoid **wheat, rye, and barley** as these grains contain gluten. As our society is heavily filled with wheat rich foods, it will take some effort to learn how to follow a gluten-free diet. It is a learning process that occurs over months. Furthermore, certain precautions need to be taken during food preparation, eating out at restaurants, and when travelling to foreign countries. Although the diet may at first seem daunting, one should realize that a gluten-free diet is actually an extremely healthy diet and many new grains can be introduced to replace wheat, rye, and barley.

In general all fruits, vegetables, meats, poultry, and fish are safe elements of a gluten-free diet. Many gluten-free prepared foods are now available at stores such as Whole Foods and Trader Joe's which carry gluten-free breads, bagels, pastas, waffles, cookies, and muffins. New grains that can be incorporated include amaranth, buckwheat, millet, quinoa, wild rice, and teff. Corn flour, potato flour, and rice are all acceptable. Oats have been considered controversial, but the current consensus is that oats are safe.

Patients with celiac disease may initially have some degree of lactose intolerance, and so dairy products may need to be limited in the early stages of starting a gluten-free diet.

## HIDDEN SOURCES OF GLUTEN

SOURCES	REASON FOR CAUTION
Hydrolyzed Vegetable Protein:	May use wheat, rye, oats, or barley as hydrolyzed plant protein, HVP or HPP protein source
Malt or Malt Flavoring:	Derived from barley
Dairy Substitutes:	Rice or soy milk products may contain barley or malt flavoring
Soy Sauce:	May contain wheat or barley
Modified Food Starch:	May be derived from wheat
Processed Cheeses:	Cheese slices may contain modified food starch
Prepared Cake Frosting:	May contain wheat starch
Sauces, Jams, Gravies:	May contain wheat starch as a thickener
Packaged Foods:	May contain flour, modified food starch, wheat or barley
Prescription Drugs, Over the Counter Drugs:	May contain wheat starch as a filler or dispersing agent
Lipstick:	May contain wheat starch as a filler or dispersing agent
Pay Dough:	Contains wheat

Excellent resources are available that provide advice, recipes, lists of stores, online ordering, restaurant guides, travel tips, advocacy, and other practical information for patients on a gluten-free diet.

Celiac Disease: A Hidden Epidemic by Peter H.R. Green and Rory Jones

Celiac Disease Foundation: [www.celiac.org](http://www.celiac.org)

Columbia University Celiac Disease Center: [www.celiacdiseasecenter.columbia.edu](http://www.celiacdiseasecenter.columbia.edu)

University of Maryland Center for Celiac Research: [www.celiaccenter.org](http://www.celiaccenter.org)