

## Gluten Free Diet

A Gluten-free diet is a diet that excludes protein called gluten. Gluten is found in grains such as wheat, barley, and rye. Although gluten-free diet is recommended as the treatment for Celiac disease, it can also help with people who can develop abdominal cramp, gas, bloating as well as depression on diet containing gluten without having the celiac disease. This is called non-celiac gluten sensitivity.

### Allowed Foods:

- \*Beans, seeds and nuts in unprocessed form
- \*Fresh eggs, meats, fish and poultry (Not breaded, batter-coated or marinated)
- \*Fruits and vegetables and most dairy products
- \*Not mixed with gluten containing grains or processed: Arrowroot, Buckwheat, corn, Flax, Gluten Free Flours (Rice, soy, potato), Millet, Quinoa, Rice, Soy, Tapioca

### AVOID:

- \*Barley (malt, malt flavoring and malt vinegar)
- \*Rye, Triticale(Cross between wheat and rye)
- \*Wheat (Durum Flour, Farina, Graham flour, Kamut, Semolina, Spelt)
- \*Avoid unless labeled as gluten-free (Beer, Breads, Cakes and Pies, Candies, Cereals, Communion wafers, cookies and crackers, Croutons, French Fries, Gravies, Matzo, Pastas, Processed luncheon meats, salad dressing, sauces including soy sauce, seasoned potatoes and tortilla chips, soups and soup bases, vegetables in sauce)
- \*Medications and vitamins that use gluten as binding agent
- \*Watch for cross contamination while preparing food a home or eating out in the restaurant