

# Gluten-Free Diet



- Gluten is found in wheat, rye and barley. These grains are in many foods.
- For some people, eating gluten can damage their small intestine. This is called celiac disease.
- If the small intestine is damaged, the body can't get enough nutrients from food.



## Foods or ingredients with gluten

Barley (flakes, flour, pearl)	Kamut
Beer, ale, lager	Malt: extract, syrup, flavouring, vinegar
Breading and bread stuffing	Matzoh, matzoh meal
Bread crumbs	Modified wheat starch
Brewer's yeast	Durum semolina (also called durum or semolina)
Bulgur	Spelt (also called farro, faro or dinkel)
Couscous	Triticale
Croutons	Wheat bran
Einkorn	Wheat flour
Emmer	Wheat germ
Farina	Wheat starch
Fu	
Graham flour	
Hydrolyzed wheat protein	



### Eat country foods

- Country foods are gluten-free except for bannock.



### Check the ingredient list

- Avoid foods that contain gluten (see back page).



### Eat gluten-free all the time

- Eating gluten even once can damage the small intestine.



### Eat small amounts of **uncontaminated** oats

- Oats do not contain gluten. But they often get contaminated during processing.
- Oats are safe if labelled **uncontaminated**.
- Work with your nurse, doctor or dietitian to start adding uncontaminated oats in your diet.
- Adults can eat:
  - ½ cup - ¾ cup dry oats every day.
- Children can eat:
  - ¼ cup dry oats every day.

Nutrition tips



# Eating gluten-free\*



## Foods to eat gluten-free

## Foods to question check labels

## Foods to stop unless labelled gluten-free

Grain products	<ul style="list-style-type: none"> <li>Baked goods made with gluten-free flour(s)</li> <li>Quinoa</li> <li>Rice bran or rice polish</li> <li>Rice (plain, unseasoned)</li> </ul>	<ul style="list-style-type: none"> <li>Foods made with buckwheat flour</li> <li>Rice, flavoured or seasoned</li> <li>Rice cakes or crackers</li> <li>Uncontaminated oats</li> </ul>	<ul style="list-style-type: none"> <li>Any foods with wheat, rye or barley</li> </ul>
Vegetables and fruit	<ul style="list-style-type: none"> <li>100% fruit and vegetable juice</li> <li>Vegetables and fruit (plain, unseasoned, no sauce)</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruit</li> <li>French fries</li> <li>Ready-to-eat vegetables in sauce</li> </ul>	<ul style="list-style-type: none"> <li>Boxed potatoes: instant, mashed, scalloped</li> <li>Breaded vegetables like onion rings</li> </ul>
Milk and alternatives	<ul style="list-style-type: none"> <li>Milk</li> <li>Block cheese, cottage cheese</li> <li>Cream cheese, processed cheese</li> <li>Cream, flavoured cream (<b>not coffee whitener</b>)</li> <li>Yogurt (plain, with safe ingredients)</li> </ul>	<ul style="list-style-type: none"> <li>Cheese spread and sauces</li> <li>Flavoured yogurt</li> <li>Flavoured shredded cheese</li> <li>Ice cream, frozen yogurt</li> <li>Pudding, custard</li> </ul>	
Meat and alternatives	<ul style="list-style-type: none"> <li>Beans</li> <li>Meat, fish, seafood, eggs (plain, unseasoned, no sauces)</li> <li>Nuts and seeds (plain, unseasoned)</li> </ul>	<ul style="list-style-type: none"> <li>Processed meat: wieners, bologna, imitation crab</li> <li>Baked beans</li> <li>Beef jerky</li> <li>Frozen chicken</li> <li>Imitation bacon bits</li> <li>Nuts, flavoured or seasoned</li> <li>Peanut butter, all nut butters</li> </ul>	<ul style="list-style-type: none"> <li>Fish canned in vegetable broth</li> <li>Breaded chicken or fish</li> </ul>
Fats	<ul style="list-style-type: none"> <li>Butter, margarine</li> <li>Lard, shortening</li> <li>Oil</li> </ul>	<ul style="list-style-type: none"> <li>Mayonnaise</li> <li>Cooking spray</li> <li>Salad dressing</li> </ul>	
Drinks	<ul style="list-style-type: none"> <li>Water</li> <li>Milk</li> <li>Tea</li> </ul>	<ul style="list-style-type: none"> <li>Coffee whitener</li> <li>Drink crystals</li> <li>Flavoured, instant and herbal teas</li> <li>Hot chocolate mix</li> </ul>	<ul style="list-style-type: none"> <li>Drinks made with barley malt extract or flavouring</li> </ul>
Pickles, sauces, soups and seasonings	<ul style="list-style-type: none"> <li>Pickles</li> <li>Plain mustard</li> <li>Pure herbs and spices</li> <li>Relish</li> <li>Tomato paste</li> <li>Vinegar, except malt</li> </ul>	<ul style="list-style-type: none"> <li>Broth and soup base (cubes, powder, liquid)</li> <li>Canned or dried soups</li> <li>Imitation pepper</li> <li>Ketchup</li> <li>Seasoning mixes</li> </ul>	<ul style="list-style-type: none"> <li>Malt vinegar</li> <li>Mustard pickles</li> <li>Soya sauce</li> <li>Teriyaki sauce</li> </ul>
Flours and other baking ingredients	<ul style="list-style-type: none"> <li>Flours made from amaranth, arrowroot, buckwheat, corn, potato, chickpea/garbanzo, lentil, pea, almond, hazelnut, flax</li> <li>Baking soda • Baker's yeast</li> <li>Coconut • Pure baking chocolate or chips</li> <li>Pure cocoa • Vanilla extract</li> </ul>	<ul style="list-style-type: none"> <li>Baking powder</li> <li>Icing, frosting</li> </ul>	<ul style="list-style-type: none"> <li>Baked goods made with wheat, rye or barley, oat bran, oat flour, whole oats (unless oats labelled <i>uncontaminated</i>)</li> </ul>
Sweets and junk food	<ul style="list-style-type: none"> <li>Artificial sweeteners (sugar substitutes)</li> <li>Honey, maple syrup, molasses</li> <li>Icing sugar, confectioner's sugar</li> <li>Sugar (brown, white)</li> </ul>	<ul style="list-style-type: none"> <li>Chewing gum</li> <li>Chips, cheese twists, tortilla chips</li> <li>Flavoured popcorn</li> <li>Marshmallows • Pie filling</li> </ul>	<ul style="list-style-type: none"> <li>Chocolate bars</li> <li>Ice cream cones</li> <li>Licorice</li> <li>Pretzels</li> </ul>
Non-food items	<ul style="list-style-type: none"> <li>Distilled alcohol including: rum, brandy, rye, vodka</li> <li>Gluten-free beer</li> <li>Wine</li> <li>Pop</li> </ul>	<ul style="list-style-type: none"> <li>Medications, vitamins</li> <li>Flavoured alcoholic drinks like coolers, cider</li> </ul>	<ul style="list-style-type: none"> <li>Beer</li> <li>Communion wafers</li> </ul>

\*These lists are not complete and may change. Food products imported or bought from other countries may have different ingredient labels than foods from Canada.

Go to the *Canadian Celiac Association* website for more information.



Date \_\_\_\_\_ Name \_\_\_\_\_

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Healthcare Provider (Name) \_\_\_\_\_

