

|                                  | <b>Foods that contain gluten</b>   | <b>Foods that may contain gluten</b>  | <b>Foods that do not contain Gluten</b>  |
|----------------------------------|--|---|--|
| <b>Beverages</b>                 | Malt, beer, ale  | Chocolate milk, cocoa mixes, other beverage mixes, dietary supplements  | Coffee, tea, decaffeinated coffee, carbonated beverages, chocolate drinks made with pure cocoa powder, wine, distilled liquor  |
| <b>Meat and Meat Substitutes</b> | Commercially breaded meats   | Meat loaf, cold cuts, deli meats, stuffing, cheese foods and spreads, soufflés, omelets, fondue, soy protein meat substitutes | Fresh cut meat, fish, fowl, eggs, cottage cheese, peanut butter  |
| <b>Fat and Oil</b>               | Commercial gravies, white and cream sauces   | Salad dressing, mayonnaise, nondairy creamer  | Butter, margarine, vegetable oil   |
| <b>Milk</b>                      | Milk beverages that contain malt   | Chocolate milk  | Whole, low-fat, skim milk, buttermilk  |
| <b>Grains and Grain Products</b> | Bread, crackers, cereal, and pasta that contain wheat, oats, rye, malt, malt flavoring, graham flour, durum flour, pastry flour, bran, or wheat germ, barley, millet, pretzels | Seasoned rice and potato mixes  | Specially prepared breads made with rice, potato, or soybean flour or cornmeal, corn or rice cereals, hominy grits, white, brown, and wild rice, popcorn                         |
| <b>Vegetables</b>                | Commercially breaded vegetables or vegetables with a cream or cheese sauce   | Seasoned vegetable mixes, canned baked beans  | All fresh vegetables, frozen or canned vegetables  |
| <b>Fruit</b>                     |  | Commercial pie fillings   | All plain or sweetened fruits, fruit thickened with tapioca or cornstarch  |
| <b>Soup</b>                      | Most commercial soup and soup mixes, soup that contains barley, wheat pasta, soup thickened with wheat flour or other gluten-containing grains                                 | Broth   | Soup thickened with cornstarch, wheat starch, or potato, rice, or soybean flour  |
| <b>Desserts</b>                  | Commercial cakes, cookies, pastries, commercial dessert mixes  | Commercial ice cream and sherbet, puddings  | Gelatin, custard, fruit ice, other cakes, cookies, and pastries made with gluten-free flour or starch  |
| <b>Sweets</b>                    |  | Commercial candies, especially chocolates   |  |
| <b>Miscellaneous</b>             |  | Ketchup, mustard, soy sauce, meat sauces and pickles, white vinegar, syrup  | Monosodium glutamate, salt, pepper, pure spices and herbs, yeast, pure baking chocolate or cocoa powder, carob, flavoring extracts, artificial flavoring, cider and wine vinegar |

# KANABEC HOSPITAL

*Exceeding Your Expectations.*

## Nutrition Therapy for Celiac Disease

### What is Celiac Disease?

Celiac is a chronic disease that affects the intestinal tract. Gliadin, the protein portion of gluten, damages the absorptive area of the intestinal tract. Gluten is found in grains of wheat, oats, rye, and barley. Other sources of gluten include the commercial use of emulsifiers, thickeners, and other additives. For people with celiac disease, lifelong adherence to a gluten free diet is necessary. Malabsorption usually occurs if the diet is not followed closely and may result in dangerous side effects. Once gluten is removed from the diet, the intestinal tract gradually recovers and normal absorption of nutrients, vitamins, and minerals can take place.

### Food Label Reading Tips

Gluten-containing grains are widely used in the preparation of foods. A review of the list of ingredients on the food label should be done every time a food product is purchased. In addition to label reading, any questions regarding gluten content can be directed to the manufacturer. The following ingredients listed on food labels may contain gluten:

|                   |                 |                              |
|-------------------|-----------------|------------------------------|
| Cereal            | Cereal additive | Hydrolyzed vegetable protein |
| Emulsifier        | Stabilizer      | Modified food starch         |
| Flavoring         | Starch          | Hydrolyzed plant protein     |
| Vegetable protein | Malt            |                              |

### Substitutions for Wheat Flour

Recipes can be modified by the following substitutions. 1 cup of wheat flour may be replaced by:

- 1 cup wheat starch
- 1 cup corn flour
- 1 scant cup of fine cornmeal
- $\frac{3}{4}$  cup of coarse cornmeal
- $\frac{1}{2}$  cup and 2 tbsp potato flour
- $\frac{3}{4}$  cup and 2 tbsp rice flour, white or brown
- 1 cup soy flour plus  $\frac{1}{4}$  cup potato starch flour
- $\frac{1}{2}$  cup soy flour plus  $\frac{1}{2}$  cup potato starch flour

Recipes can also be modified for thickening, 1 tbsp of wheat flour may be replaced by:

- 1  $\frac{1}{2}$  tbsp cornstarch
- 1  $\frac{1}{2}$  tbsp potato starch flour
- 1  $\frac{1}{2}$  tbsp rice flour
- 1  $\frac{1}{2}$  tbsp arrowroot starch
- 2 tsp quick-cooking tapioca

### Diet Therapy

Strict, lifelong avoidance of gluten is necessary. Some individuals are able to tolerate some gluten, but most sources will suggest not to consume any; they further suggest to keep gluten-free foods in separate storage areas from regular, gluten-containing foods. Following is a list of the sources of Gluten containing foods that should be avoided: