

GLUTEN-FREE DIET GUIDELINES



THE UNSAFE GRAINS and GRAIN PRODUCTS - DO NOT USE!

| | | | | | |
|----------------|---------|--------------|-----------------|----------------|------------|
| Barley | Durum | Farro | Malt flavouring | Rye | Wheat |
| Bulgur | Einkorn | Graham flour | Oats | Semolina | Wheat germ |
| Cereal binding | Emmer | Kamut | Oat gum | Spelt (Dinkel) | |
| Couscous | Filler | Malt | Roux | Triticale | |

These grains and grain products are used to produce many foods that are unsafe for people with Celiac Disease, including: breads, cakes, cereals, crackers, gravies, noodles, souces, soups, beer, malt vinegar.



THE QUESTIONABLE PRODUCTS - READ ALL LABELS - USE WITH CAUTION

*There are also many less obvious foods that **MAY** contain gluten, including:*

| | | | |
|------------------|------------------------------|------------------------|----------------------|
| Baking powder | Flavourings | Licorice and candies | Salad dressings |
| Baked beans | Herbal teas | Marinades and sauces | Seasonings |
| Beverage mixes | Hydrolysed plant / | Modified food starch | Seasoned fries |
| Bouillon cubes | vegetable proteins (HPP/HVP) | Pilaf mixes | Self basting poultry |
| Cheese spreads | Ice cream and yogurt | Processed meats | Soups and broths |
| Condiments | Icing sugar products | Puddings | Soy sauce |
| Dried fruits | Imitation seafood | Rice and soy beverages | Worcestershire sauce |
| Dry roasted nuts | | | |

It is important to check regularly with manufacturers to assure that products continue to be gluten-free.



THE SAFE GRAINS AND FOODS

The following are safe grains and grain substitutes that can be milled into flour:

| | | | | | |
|-----------|---------------|--------|----------|---------|-----------|
| Amaranth | Corn (Maize) | Flax | Polenta | Rice | Tapioca |
| Arrowroot | Dahl | Millet | Potatoes | Sago | Teff |
| Buckwheat | Dried legumes | Nuts | Quinoa | Sorghum | Wild rice |
| Cassava | | Poi | | Soy | |

In addition, the gluten-free diet can include all fresh vegetables and fruits, eggs, cheese, fresh meat, poultry, fish and seafood as well as foods made with safe grains and grain products.

PREVENT CROSS CONTAMINATION

Cross contamination occurs when gluten-free food comes in contact with food containing gluten, making it unsafe for use in the gluten-free diet.

Special care must be taken in the preparation of gluten-free foods. All hands, utensils, pans, grills, appliances, counters, cooking surfaces, and cutting boards must be absolutely clean and free from gluten. Clean water must be used for boiling, poaching and steaming. Fryer oil must be free from gluten contaminating products. Care must be taken to prevent airborne gluten particles from reaching gluten-free foods.

The accidental ingestion of gluten does not create the profound anaphylactic response that is common with peanuts and other allergens. As unpleasant as the upset can be, it does not cause a life threatening allergic response. Though many individuals will have immediate intestinal or other types of symptoms, the effects are more likely to be cumulative and can lead to other medical conditions.

This material is for general information purposes only. The Canadian Celiac Association assumes no liability in its presentation.



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