

## Gluten-Free Diet

If you feel frustrated and helpless due to food allergies, you are not alone. Up to 60% of Americans have shown signs of food allergy at one time or another. About 10% of food allergy sufferers exhibit symptoms serious enough to see a doctor. Food allergy typically does not appear overnight. In susceptible people, allergies to foods eaten regularly, (if not daily), progress over time. Because allergy onset is subtle, identifying offending foods can be difficult and often requires trial diets. Once the food has been identified, the patient may incorporate acceptable substitutes in his or her diet and avoid the food completely.

Nearly any type of food can cause allergy, but cow's milk, eggs, fish, shellfish, nuts, corn, cereal grains, chocolate, Citrus fruits, peanuts and soy products most commonly provoke reactions. Because many foods come from related plant and animal species, which contain cross-reacting substances, a person may suffer allergic reaction from a food he has never eaten. The website [www.dpcAlaSTAT.com](http://www.dpcAlaSTAT.com) provides information on specific allergens, peak pollination seasons, and allergen cross-reactivity.

The following diet excludes all gluten and gluten-containing products, including wheat, rye, oats, and barley. However, gluten is often found as an incidental ingredient. You should omit the following ingredients:

- Hydrolyzed vegetable protein
- Flour or cereal products
- Vegetable protein
- Malt and malt flavorings
- Starch (unless specified as corn or other allowed starch)

Also be aware that flavorings, vegetable gum, emulsifiers, and stabilizers may be composed of including wheat, rye, oats, or barley. When in doubt, contact the manufacturer to determine complete ingredients.

### When dining out:

- Choose foods prepared simply, such as broiled or roasted meats, plain vegetables, and plain salads.
- Inquire about food preparation methods, as cereal and flour products are often used.
- Avoid all breaded and creamed foods, meatloaf and gravies. These are allowed if prepared at home using acceptable ingredients.

Types and Amounts of Food	Include	Omit
Soups As desired	Homemade broth and un-thickened vegetable soups, cream soups prepared with cream, cornstarch, rice, potato, or soybean flour	Noodle soups, canned soups*, bullion, dehydrated soup mixes
Meat and Meat substitutes 3 or more servings	Fresh meats, poultry, seafood, plain un-breaded frozen meats, fish, poultry, fish	Prepared meats that contain wheat, rye, oats, or barley, such as sausage*,

	canned in oil or brine, Swiss cheese, cream cheese, cheddar cheese, parmesan cheese, pure peanut butter, plain dried beans or peas, eggs	wieners*, bologna*, luncheon meats*, chili*, meatloaf*, hamburger with cereal filler*, sandwich spreads*, canned baked beans*, Soufflés unless prepared with allowable flours, cottage cheese*, pasteurized cheese spreads*
Potato and potato substitutes 1 or more servings	White or sweet potatoes, yams, rice, hominy	Creamed or escalloped potatoes unless prepared with allowable flours, macaroni, noodles, spaghetti, lasagna, vermicelli, commercially prepared potato salad*, packaged rice mixes*
Vegetables 2 or more servings (¼ cup each)	All plain, fresh, canned (include a dark green or a deep yellow vegetable daily as a Vitamin A source)	Breaded, creamed, or escalloped vegetables unless prepared with allowable flours, commercially prepared vegetables or salads*
Breads 3 or more servings	Breads or muffins made from: rice flour, cornstarch, tapioca flour, potato flour, soybean flour, and/or arrowroot flour, rice wafers or sticks, (usually available at oriental specialty stores), mixed bread, pure cornmeal tortillas, gluten free bread mix	All bread or bread products containing wheat, rye, bran, or graham, wheat germ, malt, millet, kasha, or bulgar, all crackers, Ry-Krisp®, rusks, zwieback, pretzels, bread or cracker crumbs, wheat starch
Cereal 1 or more servings	Only puffed rice, pure corn meals, rice hominy grits or hominy, cream of rice, Kellogg's® puffed rice, Post's rice Krinkles®, Nabisco Rice Honeys®	Snack cereal foods, bran cereals, cream of wheat, farina, Grapenuts®, oatmeal, Shredded wheat®, puffed wheat®, Ralston®, wheatena, pabulum, wheat germ, buckwheat, Rice Krispies®, cornflakes®, cereals

		with malt added
Fats As desired	Butter, cream, margarine, vegetable oil, vegetable shortening, animal fat, pure mayonnaise, homemade salad dressings and gravies prepared with allowed ingredients, bacon	Commercially prepared salad dressings and gravies containing gluten stabilizers or thickened with gluten containing stabilizers*, non-dairy creamers
Fruits and Fruit juices 2 or more servings	Fresh, frozen canned or dried fruits and fruit juices (include 1 serving citrus fruit or juice daily for a source of vitamin C)	Fruits prepared with wheat, rye, oats or barley.
Desserts In moderation	Homemade cakes, cookies, pastries, pies, pudding (cornstarch, rice, tapioca), prepared with allowed ingredients, gelatin desserts, meringues, custard, fruit, ices, whips	Commercial cookies, pies, doughnuts, pastries puddings, pie crusts, ice cream cones, prepared mixes containing wheat, or rye. Icing mixes, ice cream and sherbet containing gluten stabilizers*
Milk	Fresh, dry, evaporated, or condensed milk, sweet and sour cream	Malted milk, some commercial chocolate drinks, yogurt*, Ovaltine®
Beverages As desired	Sanka®, pure instant coffee, coffee, tea, carbonated beverages, fruit juices (fresh or frozen), pure cocoa powder, frozen lemonade concentrate	Fruit punch, powders, cocoa powders, ale, beer, gin, whiskey, root beer, Postum®, instant coffee*
Miscellaneous As desired	Salt (iodized), sugar, honey, jelly, molasses, pure cocoa, coconut, olives, pure fruit syrup, herbs, extracts, food coloring, cloves, ginger, nutmeg, cinnamon, cornstarch, yeast, sodium bicarbonate, cream of tartar, nuts, dry mustard, monosodium glutamate, cider vinegar, wine, wine, vinegar, pure chili pepper	Chili seasoning mix, gravy extracts, starch*, malt, natural flavoring (may contain malt), hydrolyzed vegetable protein*, chewing gum*, catsup*, mustard*, soy sauce*, curry powder*, horseradish, vegetable gum, emulsifiers and stabilizers* may be derived from or contain wheat, rye, oats or barley. Vinegar, distilled

		vinegar*, malt vinegar, pickles*, chili powder*
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\*May be used if corn free status verified by the manufacturer.

Brand names are used for clarification only and do not constitute an endorsement.

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