UVA Nutrition Services

UVA Digestive Health Center

GLUTEN FREE DIET

FOODS	SAFE CHOICES	QUESTIONABLE	AVOID
Grains/ Flours	Amaranth, arrowroot, bean flours (such as garbanzo or fava bean flour), buckwheat, corn (maize) or cornstarch, flax, Job's tears, millet, potato, quinoa, ragi, rice, sorghum, soybean (soya), tapioca, teff	Carob-soy flour, buckwheat pancake mixes (often contains wheat flour), pure uncontaminated oats (note: a small percentage of people with celiac disease react to pure oats; discuss with your healthcare provider first)	Wheat (bulghur, cous-cous, durum, farina, graham, kamut, semolina, spelt, triticale, wheat germ), rye, barley, oats (except pure, uncontaminated oats), low gluten flour. **Caution: wheat free does not necessarily mean gluten free**
Cereals – Hot/dry	Cream of rice, cream of buckwheat, hominy, gluten-free dry cereals, grits	Puffed rice or corn cereals; pure uncontaminated oats (small percentage of people with CD react to oats)	Those with wheat, rye, oats (except pure, uncontaminated), barley, barley malt, malt flavoring, wheat germ, bran
Potatoes/ Rice/ Starch	Any plain potatoes, sweet potatoes and yams, all types of **plain** rice, rice noodles, 100% buckwheat soba noodles, gluten-free pasta, polenta, hominy, corn tortillas, parsnips, yucca, turnips	Check labels for commercial potato or rice products with seasoning packets	Battered or deep-fried French fries (unless no other foods have been fried in the same oil), pasta, noodles, wheat starch, stuffing, flour tortillas, croutons
Crackers/ Chips/ Popcorn	Rice wafers or other gluten-free crackers, rice cakes; plain corn chips, tortilla chips or potato chips, plain popcorn	Flavored chips	Crackers, graham crackers, rye crisps, matzo, croutons
Desserts	Sorbet, popsicles, Italian ice	Check labels on ice cream and pudding.	Ice cream with bits of cookies, "crispies", pretzels, etc; pie crust, cookies, cakes, ice cream cones, and pastries made from gluten-containing flours
Milk/Yogurt	Any plain, unflavored milk or yogurt, buttermilk, cream, half and half	Flavored milks or yogurts	Malted milk, yogurts with added "crunchies" or toppings
Cheese	Cheese (all styles including blue cheese & gorgonzola), processed cheese (i.e. American), cottage cheese	Cheese spreads or sauces	
Eggs	All types of plain, cooked eggs	Eggs benedict (sauce usually made with wheat flour)	
Meat, Fish, Shellfish, Poultry	Any fresh, plain **untreated** meat, fish, shellfish or poultry; fish canned in brine, vegetable broth or water	Commercially treated, preserved, or marinated meats, luncheon meats, fish, shellfish; self-basting or cured poultry	Breaded or battered meats

Beans/ Legumes	Any plain frozen, fresh, dried, or canned (no flavorings or sauces added) beans: garbanzo beans, kidney beans, lentils, pinto beans, edamame, lima, black beans, etc	Check labels for added ingredients--sauces may have gluten	
Soy Products and Meat Analogs or Alternatives	Plain tempeh, tofu, edamame	Check labels on miso, soy sauce, seasoned tofu and tempeh, meat analogs (imitation meat substitutes), imitation seafood	Seitan; 3-Grain Tempeh
Nuts/Seeds	Any plain (salted or unsalted) nuts, seeds or nut butters, coconut	Dry roasted nuts (check with manufacturer- may dust with flour during processing)	Nut butters with gluten containing ingredients
Fruits/ Juices	Any plain fresh, canned, frozen fruits or juices, plain dried fruit	Pie fillings	Dried fruit dusted with flour
Vegetables	Any plain, fresh, canned or frozen vegetables including corn, peas, lima beans, etc.		Vegetables in gluten containing sauce or gravy
Soups	Homemade soups with known allowed ingredients	Check labels on all commercial soups	
Condiments/ Jams/ Syrups	Ketchup, mustard, salsa, wheat-free soy sauce, mayonnaise, vinegar (except malt vinegar), jam, jelly, honey, pure maple syrup, molasses	Check labels on soy sauce, salad dressings, commercial sauces, soup base, marinades, coating mixes	Malt vinegar
Seasonings/ Flavorings	Any **plain** herb or spice, salt, pepper, brown or white sugar, Equal®, Sweet-N-Low®, Splenda®	Seasoning mixes, bouillon	
Fats	Butter, margarine, all pure vegetable oils (including canola), mayonnaise, cream	Check labels on salad dressings, sandwich spread	
Baking Ingredients	Yeast, baking soda, baking powder, cream of tartar, regular chocolate baking chips		See grains/flours; Check label on grain sweetened, carob or vegan chocolate chips
Beverages	Coffee, tea, pure cocoa powder, sodas, Silk® Soymilk, Rice Dream® beverage	Check labels on flavored instant coffee mixes (such as swiss mocha, cappuccino); herbal teas, soy or rice drinks (may contain barley malt or rice syrup)	Malted beverages
Alcohol	Wine, all distilled liquor including vodka, tequila, gin, rum, whiskey and pure liqueurs, gluten-free beers (Redbridge, Bard's Tale Beer, ciders)	Drink mixes	Beer, ale, lager
Candies	Check labels- many are gluten-free		Candy from bulk food bins Licorice

Food Labels and Questionable Ingredients

One of the keys to following a gluten-free diet is reading food labels.

Ingredients that must be avoided:

- **Wheat:** including all varieties such as spelt, kamut, einkorn, emmer, durum, graham, triticale and semolina
- **Barley:** including all forms such as malt, malt flavoring, malt syrup, malt extract, malt vinegar (note: all other vinegars are safe)
- **Rye**

Questionable ingredients:

- **Oats**: Studies now show oats are not directly toxic to the large majority of people with celiac disease, however there is a high risk of gluten contamination. Inclusion of oats in a gluten free diet should always be discussed first with your health care provider. The following are sources of pure, uncontaminated oats:

  Gifts of Nature www.giftsofnature.com - (888) 275-0003
  Gluten-Free Oats, Inc. www.glutenfreeoats.com - (307) 754-2058
  Cream Hill Estates: www.creamhillestates.com - (866) 727-3628
  Avena Foods: www.onlyoats.ca - (866) 461-3663
  Bob's Red Mill: www.bobsredmill.com - (800) 349-2173

- **Rice syrup**: Most rice syrups available in the U.S. are created using bacterial enzymes and are gluten-free; however some rice syrups are made using barley malt enzymes and may contain very low levels of gluten.

- **Natural Flavorings/ Flavors:** Barley malt may be used as flavoring in meat products; however "barley" and/or "malt" is almost always listed on the label. Flavorings or flavors from wheat sources should be listed as containing wheat (see below).

Food Allergen and Consumer Protection Act of 2004 (FALCPA):

As of January 1, 2006 FALCPA requires that wheat (along with the other top eight food allergens) be *clearly* listed on the food label. Examples:

1. Ingredients: semolina (wheat), niacin…
2. Ingredients: semolina wheat, niacin…
3. Ingredients: semolina, niacin…
   Contains wheat.

Questionable ingredients now covered by FALCPA include:

Dextrin	Modified food starch/ modified starch
Flour or cereal products	Soy sauce

If wheat is not listed either in the ingredients list or the "contains" disclaimer, the above ingredients are made from something other than wheat and are safe.

Note: FALCPA covers dietary supplements but not medications. The safety of medications must be determined by checking with your pharmacist or the manufacturer.

HIDDEN GLUTEN EXPOSURE

Unfortunately, gluten is not always obvious. Review the list below for some "unsuspected" products that may contain gluten.

- **Over-the-Counter & Prescription Medications**
  The labeling requirements of the Food Allergen and Consumer Protection Act of 2004 (FALCPA) **do not** apply to medications. Check with your pharmacist or call the manufacturer to determine if there is any gluten in your medications.

  Note: **Dietary supplements** are covered under FALCPA regulations so wheat must be clearly listed if it is an ingredient in a vitamin, mineral or herbal supplement.

- **Communion wafers**
  Gluten-free recipes are available- let us know if you would like a copy.

- **Uncommon sources**
  If you continue to have elevated labs and symptoms and, with the help of your dietitian, cannot find any possible sources of gluten in your diet, it may be worth checking into other sources, such as toothpaste, mouthwash, or lipstick.

CROSS CONTAMINATION

Below are some of the most common sources of gluten contamination. A few crumbs that you may not even see can cause damage to the intestine, so it is best to avoid these situations:

- **Toasters used for gluten-containing foods**
  Keep two toasters at home and designate one as gluten-free. Alternatively, there are now bags available that are designed to hold a piece of bread in the toaster.

- **Bulk bins**
  Pre-packaged food is a safer bet.

- **Condiment jars (peanut butter, jam, mayonnaise, etc.)**
  It is best to keep a separate gluten-free jar for commonly used items and be sure to label it clearly. At the very least make sure everyone in the house knows not to "double-dip".

- **Buffet lines**
  Other customers may use one serving utensil for multiple items. Food from one area may be spilled into another food container. It may be safer to order from the menu.

- **Deep-fried foods**
  Oil is typically used over and over to fry foods. It is highly likely that French fries (or other GF foods) are fried in the same oil as battered and breaded foods like fried chicken.

Portable Gluten Free (GF) Snacks

- Fruit
  - Fresh
  - Canned (for example: applesauce or mixed fruit cups)
  - Dried (be sure to check for gluten-containing coatings)
- Nuts or seeds (almonds, cashews, sunflower seeds…). Be sure to check the ingredients if the nuts or seeds are seasoned.
- GF dry cereal
- Popcorn
- Make your own trail mix: find your favorite combination of dried fruit, nuts, seeds and/or GF cereal and maybe even some chocolate!
- Tuna in a pouch or canned salmon with GF crackers.
- Peanut butter and/or jelly on rice cakes
  -Pack like a sandwich, but eat each side separately for less of a mess!
- GF granola or energy bars
  - Bakery on Main™ www.bakeryonmain.com
  - Boomi Bar™ www.boomibar.com
  - LäraBar® www.larabar.com
  - Bumble Bar™ www.bumblebar.com
  - EnviroKidz Crispy Rice Bars www.naturespath.com
  - Omega Smart® bars www.omegasmartbar.com
  - Alpsnack® bars http://www.drbronner.com/DBMS/ALP.htm
  - Ener-G® bars www.ener-g.com
- GF Crackers or cheese crisps
  - Nut Thins® (several flavors) www.bluediamond.com
  - Mary's Gone Crackers® (several varieties) www.marysgonecrackers.com
  - Kitchen Table Wafers™ (several flavors) www.kitchentablebakers.com.

Use an insulated lunch bag or small cooler to pack some of these tasty snacks:

- Vegetables, GF crackers and/or GF chips with any of the following:
  - GF Hummus
  - GF Bean dip
  - GF salsa
  - Natural peanut butter or other nut butter (almond butter is delicious!)
  - Cream Cheese or neufatchel cheese
  - GF salad dressing
- Cottage cheese or GF yogurt and fruit
- Hard boiled eggs
- Kozy Shack® puddings
- Wraps! Try the following wrapped up in a pure corn tortilla:
  - Refried beans, salsa and cheese
  - Turkey, cheese, mustard, lettuce and tomato

Products researched as of June 2010

Celiac Disease Organizations

Support Groups	
Gluten Intolerance Group Phone: 206-246-6652 Email: info@gluten.net Website: www.gluten.net	**Celiac Disease Foundation** Phone: 818-990-2354 Email: cdf@celiac.org Website: www.celiac.org
Canadian Celiac Association Phone: 800-363-7296 Email: customerservice@celiac.ca Website: www.celiac.ca	**Celiac Sprue Association** Phone: 877-272-4272 Email: celiacs@csaceliacs.org Website: www.csaceliacs.org

Medical Centers	
Beth Israel Deaconess Celiac Center Boston, Massachusetts www.bidmc.harvard.edu/celiaccenter	**Celiac Disease Center at Columbia University** New York, New York www.celiacdiseasecenter.columbia.edu
University of Maryland Center for Celiac Research Baltimore, Maryland www.celiaccenter.org	**University of Chicago Celiac Disease Program** Chicago, Illinois www.celiacdisease.net
*For more detailed information on celiac disease medical centers go to: www.GInutrition.virginia.edu and follow the links to Nutrition Articles in Practical Gastroenterology and *Celiac Medical Experts in the United States.*	

Other Celiac Organizations/Resources	
National Foundation for Celiac Awareness www.celiacawareness.org	**Celiac Disease and Gluten-free Support Center** www.celiac.com
Celiac list-servs www.enabling.org/ia/celiac	**Clan Thompson Celiac Site (free newsletter)** www.clanthompson.com
Gluten-free Restaurant Awareness Program www.glutenfreerestaurants.org	