



Eating a Gluten-Free Diet Fact Sheet

About Celiac Disease or Gluten Intolerance

People suffering from celiac disease are unable to tolerate gluten, which is the protein component of certain grains like wheat, rye, barley, and oats. In these people, gluten can affect the absorptive ability in the small intestine, causing eventual malnutrition.

In many people with Celiac disease, even small amounts of gluten can cause harm and need to be avoided. In eating a gluten-free diet, it is important to learn how to read food labels before purchasing or eating any products that you do not know to be or are not listed as gluten-free.

Avoid Grains Containing Gluten and Products Made from These Grains

- Barley
- Durum
- Kamut
- Noodles
- Pasta/couscous/orzo
- Rye; rye flour
- Semolina
- Spelt
- Triticale
- Wheat and all wheat products; whole wheat; whole wheat flour; wheat bran
- All baked goods made from wheat, rye, semolina, barley, or pearl barley

Avoid Other Products that May Contain Gluten

- Flour or Cereal products unless made from pure rice flour, corn flour, potato flour, or soy flour
- Hydrolyzed vegetable protein (HVP) unless made from soy or corn
- Malt vinegar; malt or malt flavorings unless derived from corn
- Modified starch or modified food starch unless arrowroot, corn, potato, tapioca, waxy maize, or maize
- Soy sauce or soy sauce solids unless they say they do not contain wheat
- Vegetable gum unless vegetable gums are carob bean gum, locust bean gum, cellulose gum, guar gum, gum Arabic, gum aracia, gum tragacanth, xanthan gum, or vegetable starch
- Vegetable protein unless made from soy or corn

Check Food Labels and Avoid Ingredients That May Contain Gluten

- Emulsifier
- Flavoring
- Hydrolyzed plant protein
- Stabilizer
- Starch

Enjoy Gluten-Free Grains

- Amaranth
- Arrowroot
- Buckwheat
- Carob
- Corn; maize
- Millet
- Potato; potato flour
- Quinoa
- Rice; rice flour
- Sago
- Soy or soya flour
- Soybeans
- Tapioca
- Tef

Foods by Category

Dairy Products and Eggs (Note: people with celiac often are lactose intolerant as well)

Gluten-free:

- Eggs, milk, cream, butter, cheese, curd cheese, coffee whiteners, soya products

Contain gluten:

- Some yogurts (muesli yogurt), some cheese spreads and cheese food products, some mayonnaise

Puddings

Gluten-free:

- Tapioca, sago, rice, custard

Contain gluten:

- Semolina, sponge pudding, pastry, pies, wafers, bread pudding

Beverages

Gluten-free:

- Tea, coffee, herb tea, fizzy drinks, fruit juice, cocoa, bottled water, most alcoholic drinks

Contain gluten:

- Barley based drinks, barley fruit drinks, malted drinks, beer

Foods by Category, continued

Fruits & Vegetables

Gluten-free:

- All fruits and vegetables are gluten-free, unless they are fruit and vegetables products made with gluten-filled products

Nuts, Seeds, & Legumes

Gluten-free:

- All nuts, seeds, and legumes are gluten-free, except for certain brands of baked beans and anything made with sauces or other products that contain gluten

Sugars

Gluten-free:

- Jam, marmalade, sugar, honey, molasses, golden syrup, some brands of chocolate and sweets

Contain gluten:

- Confectioners containing flour, some brands of lemon curd

Soups and Sauces

Gluten-free:

- Can be gluten free if thickened with non-gluten flour and made without gluten ingredients

Contain gluten:

- Many manufactured sauces, stocks, and soups contain gluten; need to read labels carefully

Miscellaneous

Gluten-free:

- Salt, pepper, vinegar, herbs, spices, tamari, yeast, most food colorings

Contain gluten:

- Some pepper compounds, shoyu, ready-mix spices, some seasoning powders, certain brands of mustard, many vitamins and mineral supplements and medicines

Helpful Resources on Celiac Disease and Gluten-Free Foods

- Celiac Disease Foundation, www.celiac.org
- Celiac Sprue Association, www.csaceliacs.org