

# GLUTEN-RESTRICTED DIET

(Sheet 1 of 2)

## PURPOSE:

This diet is designed to eliminate the protein gluten found in barley, buckwheat, bulgur, millet, oats, quinoa, rye, spelt, triticale, wheat germ, wheat, or their derivatives for individuals with gluten-sensitive enteropathy or celiac sprue and dermatitis herpetiformis. The gliadin component of gluten is believed to be the trigger for intolerance.

## DESCRIPTION:

The Food-Guide Pyramid is used as the basis for meal planning. All protein sources are acceptable except those containing gluten. Products made from the flours or starches of arrowroot, corn, potato, rice, and soybean replace products made from wheat, rye, oats, and barley and those cereals and grains listed above.

### Tips on Reading Labels:

The following ingredients are frequently listed on product labels. Those from wheat, rye, oat, or barley sources must be excluded from the diet. Only those from arrowroot, corn, potato, soy, or tapioca are permitted. Specific ingredient information may be obtained from manufacturers or the Celiac Sprue Association, P.O. Box 31700, Omaha, NE 68131; (877) 272-4272; website: [www.csaceliacs.org](http://www.csaceliacs.org). Gluten-free products are available from certain stores. Ask your pharmacist about your medications; some drugs contain gluten.

- Flour or Cereal Products
- Hydrolyzed Vegetable Protein (HVP) or Texturized Vegetable Protein (TVP)
- Malt or Malt Flavoring
- Modified Starch or Modified Food Starch
- Soy Sauce or Soy Sauce Solids
- Starch
- Vegetable Protein
- Vegetable Gum

## NUTRITIONAL ADEQUACY:

This diet should be adequate in all nutrients. An added effort will need to be made to ensure adequate fiber.

## FOOD LISTS

Food Groups	Foods Allowed	Foods To Avoid
Breads/Grains	Cornflakes; cornmeal; hominy; rice; puffed rice; grits; Cream of Rice; or Rice Krispies. Food items made from from rice, corn, or soybean flours, or gluten-free wheat starch, arrowroot, or tapioca. Homemade broth, vegetable, or cream soups made with allowed ingredients.	All products made from barley; buckwheat; bulgur; millet; oats; quinoa; rye; spelt; triticale wheat germ or wheat; cereals containing malt flavorings; prepared cake, cookie, bread, biscuit, muffin, pancake, or waffle mixes.
Fruits/ Vegetables	All except items listed to avoid.	Any thickened or prepared (i.e., some pie fillings). Any creamed or breaded vegetables.
Milk/Dairy	All except items listed to avoid.	Commercial chocolate milk w/cereal addition; malted milk; instant milk drinks; hot cocoa mix; nondairy cream substitutes; processed cheese, cheese foods, and spreads containing a gluten source; cheese containing oat gum.
Meat/Meat Substitutes	All unprocessed meats, poultry, and fish, eggs, dried beans, and legumes, nuts, peanut butter, soybeans.	Any prepared with stabilizers or fillers, such as frankfurters, luncheon meats, sandwich spreads, sausages and canned meats; breaded fish, poultry or meats; poultry or meat prepared with hydrolyzed or texturized vegetable protein (HVP, TVP). Read labels.

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(Sheet 2 of 2)

## FOOD LISTS (continued)

Food Groups	Foods Allowed	Foods To Avoid
Desserts/ Sweets	Ices; homemade ice-cream; custard; junket; rice pudding; tapioca; gelatin; cakes, cookies, and pastries prepared with gluten-free wheat starch; syrup; jelly; jam; hard candies; molasses; plain chocolate candies; marshmallows.	All others unless labeled gluten-free. Read labels.
Beverages	Carbonated beverages, fruit juices, tea, coffee, decaffeinated coffee to which no wheat flour was added, sports beverages.	Postum, Ovaltine, ale, beer, root beer.
Miscellaneous	Herbs; spices; pickles; vinegar; popcorn; potato chips; homemade broth; vegetable or cream soup made with allowed ingredients; jelly; jam; honey, corn syrup; butter; or margarine.	Commercial salad dressings except pure mayonnaise; chip dips; some catsup; chili sauce; soy sauce; steak sauce; mustard; horseradish; sauces and gravies with gluten sources; some dry seasoning mixes; pickles; distilled white vinegar; stabilizers; some chewing gum; malt or malt flavoring unless derived from corn; baking powder.

## SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
<b>BREAKFAST</b> Fruit Juice Cereal Meat/Meat Substitute Bread - Margarine Milk Beverage	Apricot Nectar (1/2 cup) Cream of Rice (1 cup) Poached Egg (1) Rice Cake (1)/Margarine (1 tsp) 1% Milk (1 cup) Coffee or Tea
<b>DINNER - NOON OR EVENING MEAL</b> Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad  Bread - Margarine Dessert Beverage	Beef Patty (no fillers) (3 oz) Mashed Potato (1/2 cup) Frozen Peas (1/2 cup) Lettuce/Tomato Salad (1 cup)/ Salad Dressing (1 Tbsp) Slice Gluten-Free Bread/Margarine (1 tsp) Fresh Apple (1) Coffee or Tea
<b>SUPPER - EVENING OR NOON MEAL</b> Soup or Juice Meat/Meat Substitute Vegetable and/or Salad Bread - Margarine Dessert Milk/Beverage	Tomato Juice (1/2 cup) Baked Chicken (3 oz) Rice (1/2 cup), Spinach (1/2 cup) Corn Tortilla (1) Rice Pudding (1/2 cup) 1% Milk (1 cup), Coffee or Tea

### Nutrient Analysis

Calories	1864 Kcal	Riboflavin	2.1 mg
Protein	97 gm	Thiamin	1.2 mg
Carbohydrate	244 gm	Folate	345 mcg
Fat	58 gm	Vitamin B6	2.2 mg
Saturated Fat	18 gm	Vitamin B12	5.0 mcg
Monounsaturated Fat	20 gm	Calcium	1060 mg
Polyunsaturated Fat	16 gm	Phosphorus	1507 mg
Cholesterol	397 mg	Zinc	13 mg
Dietary Fiber	19 gm	Iron	13 mg
Vitamin A	1511 IU	Sodium	1962 mg
Vitamin C	79 mg	Potassium	3868 mg
Niacin Equivalents	18 mg		

Adapted from the Southwest Diet Manual 1999