

Food Elimination: Gluten



To eliminate gluten from your diet, be sure to consider obvious sources (e.g. wheat flour) as well as hidden, common sources where you will need to read food labels. Note that “wheat-free” does not mean “gluten-free” as there are many other gluten-containing grains you will want to avoid.

The following is a list of gluten-containing grains:

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| ❖ Wheat | ❖ Bulgur |
| ❖ Barley | ❖ Kamut |
| ❖ Rye | ❖ Kashi (multi-grain blend) |
| ❖ Farina | ❖ Matzo meal |
| ❖ Graham flour | ❖ Spelt (a form of wheat) |
| ❖ Semolina | ❖ Triticale |
| ❖ Durham | |

Though sometimes confused with gluten foods, the following are fine to eat for elimination.

If you have Celiac Disease or strong gluten reactions, it is recommended that you look for a certified gluten-free confirmation on the label, indicating no/low risk of cross-contamination during food manufacturing. “Made on equipment shared with wheat” has a high risk of cross-contamination.

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| ❖ Rice, amaranth, millet, and buckwheat (aka kasha) | ❖ Oats (make sure they are labeled “gluten-free” as many oat products are contaminated with wheat during manufacturing/processing) |
| ❖ Quinoa (though could be reactive for Celiacs) | |
| ❖ Teff | ❖ Potato and tapioca starch (though I do not recommend these for regular consumption as they are very high-glycemic and can aggressively spike blood sugar) |
| ❖ Corn, cornmeal, and grits (make sure organic) | |
| ❖ Soy (make sure organic) | |
| ❖ Potatoes (all types) | |
| ❖ Wine and distilled liquors, ciders and spirits | |
| ❖ Garbanzo and other bean/legume flours | |

In general, avoid any processed food ingredient that includes the word “wheat.” Unfortunately, many processed foods use preservatives or additives for texture that include gluten, but they can be hidden from you. In particular, this means you will need to avoid almost all baked goods unless they are specifically labeled gluten-free. To help you to be diligent in your elimination, here are some particular foods and gluten sources to be wary of - be sure to read their ingredient labels carefully:

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| ❖ Breads, rolls, and tortillas | ❖ Bouillon and stocks |
| ❖ Breading for all fried foods | ❖ Spice and marinade mixes and any pre-seasoned meat items (especially a key risk at restaurants) |
| ❖ Cereals, pasta, and noodles | ❖ Baking soda and baking powder |
| ❖ Crackers and chips (besides corn and potato, nearly all “multigrain” options include wheat) | ❖ Artificial butter flavor |
| ❖ Croutons | ❖ Candy |
| ❖ Cookies, cakes, pastries, and pies | ❖ Imitation meat or seafood |
| ❖ Soups and gravies | ❖ Sausages and other preserved meats |
| ❖ Tabbouli | ❖ Processed luncheon meats |
| ❖ Sauces (<u>including soy sauce</u> unless gluten-free) | ❖ Self-basting poultry |
| ❖ Salad dressings | ❖ Medications & vitamins (gluten as binding agent) |
| ❖ Coffee creamer | ❖ Lipstick and lip balms |
| ❖ Beer | ❖ Toothpaste |
| ❖ Flavored coffee and tea, especially mixes | ❖ Postage stamps and mailing envelope adhesive |
| ❖ Stuffing | ❖ Play dough |

Food additives you will want to avoid include the following:

Bran, malt, malt flavoring, gelatinized starch, germ, artificial flavoring, natural flavoring, hydrolyzed vegetable protein, modified food starch, modified starch, vegetable starch, rice syrup (unless specifically labeled gluten-free), monosodium glutamate (MSG), caramel coloring, yeast extract.

Information compiled from these excellent resources: www.celiac.com,
<http://celiacdisease.about.com/>, www.mayoclinic.com/health,
<https://pubmed.ncbi.nlm.nih.gov/22760575/>, <http://www.webmd.com/>