

Food Elimination: Gluten

Going Gluten-free



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:

- Wheat
- Barley
- Bulgur
- Kamut
- Kashi (multi-grain blend)
- Matzo meal
- Spelt
- Triticale
- Rye
- Farina
- Graham flour
- Semolina
- 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.

- **Rice, amaranth, millet, and buckwheat (aka kasha)**
- **Quinoa (though could be reactive for Celiacs)**
- **Teff**
- **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**
- **Oats (make sure they are labeled “gluten-free” as many oat products are contaminated with wheat during manufacturing/processing)**
- **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)**

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:

- Breads, rolls, and tortillas
- Breading for all fried foods
- Cereals, pasta, and noodles
- Crackers and chips (besides corn and potato, nearly all “multigrain” options include wheat)
- Croutons
- Cookies, cakes, pastries, and pies
- Soups and gravies
- Tabbouli
- Sauces (including soy sauce unless gluten-free)
- Salad dressings
- Coffee creamer
- Beer
- Flavored coffee and tea, especially mixes
- Stuffing
- Bouillon and stocks
- Spice and marinade mixes and any pre-seasoned meat items

- (especially a key risk at restaurants)
- Baking soda and baking powder
- Artificial butter flavor
- Candy
- Imitation meat or seafood
- Sausages and other preserved meats
- Processed luncheon meats
- Self-basting poultry
- Medications & vitamins (gluten as binding agent)
- Lipstick and lip balms
- Toothpaste
- Postage stamps and mailing envelope adhesive
- 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.

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/>