**GLUTEN-FREE DIET GUIDELINES**

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| --- | --- | --- |
| **Type of Food** | **Food Allowed** | **Foods to Avoid** |
|  |  |  |
| **Beverages:** | * Milk
 | * Postum
 |
|  | * Carbonated beverages
 | * Malted milk (e.g., Ovaltine)
 |
|  | * Coffee, tea
 | * Ale, beer
 |
|  | * Cocoa with no wheat flour
 | * Instant coffee if wheat flour added
 |
|  |  |  |
| **Breads:** | * Breads made from rice, oat\*, soybean, pure buckwheat, or potato flours
* Arrowhead Mills gluten free pancake mix
* Rice crackers and cakes

\* there is controversy on oat’s gluten-free status | * Wheat, rye, kamut, spelt, and barley (flours, bread, rolls)
* Pancakes, breads, muffins, biscuits, and waffles from commercial mixes, unless stated “Gluten-free”
* All crackers, pretzels, bread crumbs, breaded foods
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|  |  |  |
| **Cereals:** | * Amaranth, millet, or corn cereal
* Rice/Cream of Rice, oatmeal
 | * Omit all made with wheat, rye, barley, and wheat germ
 |
|  | * Puffed corn or rice. Perky’s Nutty Rice
 |  |
|  | * Quinoa flakes
 |  |
| **Desserts:** | * Custard
 | * Commercial ice creams
 |
|  | * Ices or sherbets
 | * Ice cream cones
 |
|  | * Rice pudding
 | * Prepared puddings
 |
|  | * Tapioca pudding
 | * Mixes
 |
|  | * Gelatin
* Fruit whips
 | * Homemade puddings thickened with flour
* Cake
 |
|  | * Meringues
 |  |
|  | * Rennet desserts
 | * Cookies, doughnuts
 |
|  | * Cookies made with allowed flours
 | * Pies, pastries
 |
|  |  |  |
| **Fruits:** | * All
 | * None
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|  |  |  |
| **Meats, Fish, Eggs, Cheese:** | * All meats, poultry and fish prepared without butter or bread
* Eggs
 | * Breaded meat, poultry, fish, patties, croquettes and loaves with bread crumbs
 |
|  | * All cheese except creamed and
 | * Canned meats, Dishes with cold cuts and frankfurters (unless guaranteed pure meat)
 |
|  | * cheese spreads
 | * Creamed sauces, gravies, cheese spreads, spreads with wheat flour
 |
|  |  |  |
| **Potatoes/Pasta:** | * White and sweet potatoes
* Rice noodles and pasta
 | * Spaghetti, noodles, macaroni, dumplings
 |
|  |  |  |
| **Vegetables:** | * As desired
 | * Any prepared with bread crumbs or cream sauces
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***RESOURCES:***

[www.gfreefoodie.com](http://www.gfreefoodie.com)

[www.csceliacs.org](http://www.csceliacs.org)

[www.celiac.com](http://www.celiac.com)

[www.stokesrx.com](http://www.stokesrx.com) and [www.glutenfreedrugs.com](http://www.glutenfreedrugs.com) for referece to medications that are gluten free.

[**The Gluten Connection: How Gluten Sensitivity May Be Sabotaging Your Health--And What You Can Do to Take Control Now**](http://www.amazon.com/Gluten-Connection-Sensitivity-Sabotaging-Health/dp/1594863873/ref%3Dsr_1_40?ie=UTF8&s=books&qid=1238264641&sr=1-40), by Dr. Shari Lieberman Ph.D

[**Celiac Disease: A Guide to Living with Gluten Intolerance**](http://www.amazon.com/Celiac-Disease-Living-Gluten-Intolerance/dp/1932603255/ref%3Dsr_1_53?ie=UTF8&s=books&qid=1238264776&sr=1-53)**,** by M.D. Sylvia Llewelyn Bower, M.D. Mary Kay Sharrett, and M.D. Steve Plogsted

[**The Gluten-Free Gourmet: Living Well without Wheat**](http://www.amazon.com/Gluten-Free-Gourmet-Living-without-Revised/dp/0805064842/ref%3Dreg_hu-rd_add_1_dp_T2) by Bette Hagman

[**The Gluten-Free Gourmet Cooks Fast and Healthy**](http://www.amazon.com/Gluten-Free-Gourmet-Cooks-Fast-Healthy/dp/0805065253/ref%3Dsr_1_1?s=gateway&ie=UTF8&qid=1285282647&sr=8-1)**,** by [Bette Hagman](http://www.amazon.com/Bette-Hagman/e/B001KHLIJY/ref%3Dsr_ntt_srch_lnk_1?qid=1285282647&sr=8-1)

Phone apps to check food labels for gluten free.