**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 |
|  |  |  |
| **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 |
|  |  |  |
| **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 |

***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=sr_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=sr_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=reg_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=sr_1_1?s=gateway&ie=UTF8&qid=1285282647&sr=8-1)**,** by [Bette Hagman](http://www.amazon.com/Bette-Hagman/e/B001KHLIJY/ref=sr_ntt_srch_lnk_1?qid=1285282647&sr=8-1)

Phone apps to check food labels for gluten free.