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ELIMINATION DIET: THIS DIET AVOIDS DAIRY, GLUTEN, SUGAR, FOOD ADDITIVES

(This diet needs to be further modified for people who have additional food sensitivities)

PROTEINS

Meat: fresh or fresh frozen: Beef, pork, lamb, venison

Poultry: fresh or fresh frozen: chicken, turkey, game birds

Fish: fresh or fresh frozen, canned tuna or salmon, shellfish

Eggs

Legumes & Beans: Dried beans; canned beans usually tolerated if canned plain, without sauce or sugar
Daiya cheese is a vegan cheese substitute that is free of soy, casein, lactose, gluten, egg, wheat, barley, corn, rice and nuts.

Soy, tofu, tempeh (Organic/non-GMO)

Nuts & nut butters: shelled almonds, sunflower seeds and cashews can be used, provided they are fresh. Nut butters from these are suitable (almond the best). Tahini.

AVOID

- Processed meats, poultry, or fish may be contaminated with gluten
- All dairy products and foods containing dairy products, whey or casein (milk protein).

STARCHES

Whole grains & whole grain flours: rice (brown preferable to white), corn (organic/non-GMO), tapioca, buckwheat, millet, amaranth, quinoa, wild rice.

-In general, the less processed these grains are, the healthier; e.g.- quinoa cooked as a whole grain is better than quinoa flakes, which would be better than quinoa pasta.

-In general, rice, corn, & tapioca are more prone to fermentation in the intestinal tract than the other grains listed: buckwheat, millet, amaranth, quinoa, wild rice. This distinction is necessary for those who do not improve simply with avoidance of gluten/dairy/sugar.

Breads and baking free of gluten and gluten contamination]

There are now many gluten-free breads on the market, all of varying quality and ingredients. Note that many people who are gluten sensitive do not do well with gluten-free baked products made from refined gluten-free flours. *Littlestream* Bakery near Perth, Ontario makes buckwheat & quinoa breads that do not contain refined flours, and are healthier.)

Gluten-free pasta, crackers, muffins, dry cereals are made from whole grain rice, quinoa, corn, or buckwheat. They vary considerably in ingredients and quality. The more highly refined the ingredients and the more heavily sweetened these products are, the more sparingly they should be used.

Corn, popcorn [use GMO-free corn]

Potatoes, Sweet potatoes

AVOID:

- All products containing gluten, wheat, spelt, kamut, bulgur, rye, barley, malt.
- Many gluten-sensitive people do not tolerate oats, even oat products certified gluten-free
- All ordinary breads
- Most crackers & dry breakfast cereals (gluten, sugar, malt, additives)
- Any baking containing excessive sweeteners

VEGETABLES

Vegetables: fresh or frozen

•Beets, broccoli, carrot, cauliflower, celery, corn, cucumber, kale, lettuce, onion, parsley, parsnip, radish, squash, turnip, spinach, tomato

AVOID:

• Beware of canned and processed vegetable products such as spaghetti sauce, soups, condiments unless labeled gluten free

FRUIT (Limit to 2 pieces per day; less for those very sensitive to sugars)

Fruits: Apple, banana, grape, peach, pear, pineapple, berries, orange, nectarine, grapefruit, lemon, lime

Unsweetened, commercially frozen fruit is acceptable (berries)

-In general, fruit should be limited to two pieces per day, less for those who are quite sensitive to sugars. Tropical fruits such as banana, mango may be too sweet for those who are sensitive to sugars, in which case berries, apple, and pear may be better tolerated.

BEVERAGES

•Water, mineral water

• **Fruit juice** (limited quantities, even when unsweetened, because of high fruit sugar content)

• **Soy milk, rice milk, potato milk, flax milk, hemp milk, or almond milk** (check that these are not contaminated with barley or malt, and that they are not heavily sweetened. Special blenders are available to prepare good-quality nut milks at home.)

AVOID:

- All drinks containing dairy products (milk, whey, casein)
- Tea bags held together with gluten-based glue, rather than stapled.
- Postum, Café libre, many soy milks (may contain malt)
- Alcoholic beverages made from gluten grains
- Chocolate milks

SEASONINGS & SWEETENERS

Seasonings:

- Herbs & spices, lemon, garlic, onion, oil & lemon salad dressings
- Good quality oils (extra-virgin olive oil, coconut oil)
- Unsweetened carob powder (substitute for chocolate)
- Butter may be used only by those who have only a mild sensitivity to dairy products. 'Organic' butter is preferable.

Sweeteners:

-N.B.: reduction of sweeteners is essential: sugars can sabotage the potential benefit of being on a gluten/casein-free diet. This is because they ferment readily and so support the growth of abnormal bacteria and yeast in the intestinal tract. Many people are far more sensitive to sugars than they realize, and have to avoid them completely in order to get well.

-SMALL amounts of honey, rice syrup (if free of barley residues), agave, evaporated cane sugar, coconut sugar, molasses, or maple syrup (limit to 1 tsp. daily for adults, half that for children). Honey is less readily fermented in the intestinal tract than other natural sweeteners.

-Stevia, a herbal sweetener, is recommended in limited quantities as a substitute sweetener; it does not favour the growth of abnormal intestinal bacteria or yeast.

AVOID:

- Anything which contains malt, flour, wheat starch, or likely to contain traces of gluten
- Commercial condiments unless labeled gluten-free
- Sugar, corn syrup, fructose syrup, Splenda, sucralose.
- Artificial sweeteners are not recommended (cyclamate, aspartame, sucralose/Splenda)
- Margarine & other highly processed synthetic spreads are not recommended

HIDDEN SOURCES OF GLUTEN

Many gluten sensitive people have to pay meticulous attention to avoiding hidden sources of gluten in order to have a gluten-free diet be effective for them. The amount of gluten required to sustain an ongoing immune reaction in some sensitive celiacs is less than 50 mg. per day (1/20 the weight of a penny!). Foods from North America and Europe sold as gluten free are limited to 20 ppm gluten residue, which is a safe threshold for all but the most gluten-sensitive individuals.

Beware bad advice

- Beware bad advice from food store employees (e.g., that spelt and/or kamut is/are safe for celiacs- FALSE).
- Re-check labels each time you buy a product. Product ingredients may change from one batch to another.

Hidden ingredients in processed foods

- Reading labels is a highly refined art form. Not-so-obvious terms on labels signal gluten, like: malt, graham, spelt, kamut. There are foods that you think are 100% pure, but when you examine the label, other ingredients have been added, like tomato paste. Some tomato paste is made from 100% tomatoes, while other brands add additional ingredients. If you are buying a jar of spaghetti sauce, the ingredients list 'tomato paste' but the manufacturer has not been required to tell you what ingredients may have been added to the tomato paste.

- Sauce mixes and sauces (soy sauce, fish sauce, catsup, mustard, mayonnaise, etc.) commonly contain gluten.
- Common culprits include rice or corn cereals, ice cream (wheat is often added to prevent ice crystals from forming), soups, yogurt, snack foods, lunchmeats, sausage, and even ground beef.
- Shortening may contain vitamin E processed from wheat germ.
- Letters like HVP (hydrogenated vegetable protein), HPP (hydrolyzed plant protein), TVP (textured vegetable protein), MSG (monosodium glutamate could contain wheat if made outside of the U.S.A.), and phrases like modified food starch (safe if made in the U.S.A., but may contain gluten if made elsewhere) tell you nothing about what ingredients it may contain. Other confusing ingredients are maltodextrin, stabilizers, binders, fillers, natural flavor, vegetable gums, and mono & diglycerides, to name just a few. Enriched products should be avoided unless you are certain of the sources of 'enrichment'.
- While the wrapper on a chocolate bar lists all gluten-free ingredients, the conveyor belt may have been dusted with wheat flour to keep the candy from sticking.
- The same holds true for chewing gum, which is often dusted with flour (Food manufacturers are not currently required to list ingredients used in 'packaging', or in prepared ingredients (like 'tomato paste').
- Ground spices - wheat flour is sometimes used to prevent clumping.
- Rice syrup, rice and soy beverages may use barley enzymes in their production.
- Yeast may be grown or dried on wheat flour.

• In essence, beware of anything that is processed. If it is not a whole food, it may contain gluten.

Cross contamination in the kitchen

- Wood cutting boards are porous and gluten may become embedded in them—use a marble cutting board instead.
- Tiny wheat particles that remain in a toaster, or on a grill, knife or serving spoon can cause contamination of gluten-free products. Wheat flour can remain in the air for up to 24 hours.
- Grilled and fried restaurant food - gluten contaminated grill or grease.
- Cross-contamination between bulk food store bins selling raw flours and grains (usually via the scoops).

Medications

- Medications frequently contain gluten. Pills may be dusted with flour during manufacturing and capsules may have gluten present in the oil inside. You may have to call the manufacturer to confirm that the medication is gluten-free. See www.glutenfreedrugs.com for up to date info on US manufacturers (which may or may not apply to Canadian manufacturing procedures).

Non-Food Products may contain gluten

- Gluten hides in art supplies, such as paints, clay, play dough, glue, stamps, envelopes and other gummed labels.
- Gluten is also present in many personal items such as lipstick, lip balm, sunscreen, shampoos, soaps, cosmetics, skin lotions, toothpaste, and mouthwash.
- Household products such as cleaning solutions, detergents, even bar soap may contain gluten.
- Latex or rubber gloves are often dusted with wheat or oat flour.

See the Safe & Forbidden Lists at www.celiac.com for detailed lists of ingredients and their gluten-free status.

ADDITIONAL INFORMATION REGARDING THE GLUTEN-FREE DIET

1. Gluten vs. gluten-free grains –The distinction is not all that clear

Gluten containing grains:

The common list of forbidden gluten-containing grains is: wheat, rye, barley and oats. Unfortunately, there are variants out there that go by other names. Durum and semolina are names for certain kinds of wheat that have been bred for specific uses. Both spelt and kamut are versions of wheat. (Other names for these: spelta, Polish wheat, einkorn and small spelt). Bulgur is wheat that's been specially processed. Triticale, a grain crossbred from wheat and rye, is definitely on the toxic list.

Gluten free grains:

Corn: though a grain that many people (not just those who are gluten-sensitive) may be allergic to, it is not a grain that is thought to cause damage to the intestinal villi in celiacs. Most corn is GMO, though, and GMO foods have their own damaging effects. In general, non-GMO corn is safe for those who are not sensitive to corn.

Of the common grains, rice is the favorite as it usually well tolerated. However, given the recent realization that most rice (even organic rice) is contaminated with low levels of arsenic, it is not advisable to rely on large quantities of rice. In addition to corn and rice, there are many other grains that can be used in gluten-free cooking. The following can be milled into flour: amaranth, buckwheat (or kasha), chickpeas (garbanzos), Job's tears (Hato Mugi, Juno's Tears, River Grain), lentils, millet, peas, quinoa, ragi, sorghum, soy, tapioca, teff and wild rice. Beans and peas (legumes, pulses) can also be used. Many of these flours are available in health food stores.

Oats contain compounds that are close to gluten in molecular structure. Only people who are less sensitive to gluten can tolerate oats certified to be free of gluten, which means it has been grown and processed free of cross-contamination from wheat or other gluten-containing grains.

Bear in mind any of these gluten-free grains can be contaminated with small quantities of wheat if they are grown, processed, or packaged in close proximity to wheat. A flour mix of one of these grains might have been prepared with small amounts of wheat flour. Some of these grains may be grown in the same fields as wheat in alternating years, and the gluten-free grain may have been contaminated from the start by wheat grains gathered at harvest. A gluten-free grain may have been milled in a run that was preceded by wheat or any of the other gluten-containing grains, so the flour was contaminated at the mill. Finally, some individuals -gluten sensitive or not- may react to a gluten-free grain because they are sensitive to that particular grain, not because of a reaction to gluten

As individuals learn to live gluten-free, they must gauge their own reactions to foods, do lots of research, ask questions, and try to understand the many variables that may affect the ingredients in their food.

2. It is NOT necessary to do a small bowel biopsy to detect celiac disease or gluten sensitivity.

Please read the information on stool antibody testing for gluten sensitivity at:

<http://www.enterolab.com/>. This laboratory's testing is 'state of the art' for detecting gluten sensitivity, & can be ordered directly from them via the internet. Testing for, and following stool antibodies to gluten can give laboratory documentation as to how well a person is doing with gluten avoidance.

3. A gluten-free diet will usually not be successful if it includes a lot of processed, or highly sweetened foods.

Most gluten-sensitive people, because of damage already done to their intestinal tract, are prone to react to typical levels of sweeteners, or a high proportion of processed foods, even if they are labeled 'gluten-free'. GMO strains of corn or soy are also more likely to affect people who are sensitive to gluten. The best gluten-free diets are made from whole foods.

4. RESOURCES:

Severely sensitive individuals, such as autistic children, need to be particularly careful about hidden sources of milk and gluten. They usually do well to avoid in addition hidden sources of sugar, as well as processed foods & food additives, and so this diet is laid out excluding these.

I no longer recommend specific books for gluten/dairy-free cooking, since there is much information on the web providing helpful recipes. However, bear in mind that the recipes you find on the web are only as good as their ingredients. Recipes using large amounts of sweeteners, even natural sweeteners, and recipes recommending processed foods such as margarine or *egg beaters* should be modified with healthier replacements. Recipes containing gluten-free flours that are refined (such as rice flour, sorghum flour) are not recommended for regular use because they are too easily fermented within the intestinal tract. Recipes that are low in fermentable carbohydrates such as Paleo -type baking are usually much better tolerated.