

GLUTEN is the protein found in wheat, similar proteins are found in rye and barley. Wheat, rye and barley are therefore excluded from the gluten-free diet. Most commercially available oats in North America are contaminated with grains that contain gluten. Therefore, these oats are not safe for consumption by individuals with Celiac disease. Oats may be allowed for some patients, under careful medical supervision.

CELIAC DISEASE

Celiac Disease is a life-long inflammatory condition of the gastro-intestinal tract that affects the small intestine in genetically susceptible individuals.

Gluten damages the lining of the small intestine, reducing its ability to absorb adequate nutrients from food, resulting in illness which may resemble malnutrition. The treatment for Celiac Disease is a strict gluten-free diet for life.

DERMATITIS HERPETIFORMIS

Dermatitis Herpetiformis is an itchy blistering skin eruption, due to gluten sensitivity. This sensitivity also affects the small intestine in the majority of patients, giving rise to a mild form of Celiac Disease. The gluten-free diet eventually allows the skin rash to heal as well as being the treatment for the Celiac Disease.

WHAT IS NATURALLY GLUTEN-FREE?

Many foods are naturally gluten-free as they do not contain any wheat, rye, barley or oats. However, once such foods are processed or used as ingredients in other foods, great care must be taken to ensure that wheat or other gluten-containing grains have not been added in the manufacturing process.

FOODS PERMITTED ON GLUTEN FREE DIET:

✓ Amaranth	✓ Invert sugar	✓ Rice starch
✓ Arrowroot flour	✓ Kudzu	✓ Sorghum
✓ Baking soda	✓ Lecithin	✓ Soy flour
✓ Bean flour	✓ Legumes:	✓ Soy starch
✓ Buckwheat (Kasha)	✓ Channa	✓ Spices
✓ Cassava (Manioc) flour	✓ Chick peas	✓ Sweet potatoe flour
✓ Chick pea flour	✓ Gram	✓ Tapioca flour
✓ Corn flour	✓ Lentils	✓ Tapioca starch
✓ Cornmeal	✓ Peanuts	✓ Teff
✓ Cornstarch (Masa Farina)	✓ Peas	✓ Tofu
✓ Cream of tartar	✓ Soya	✓ White vinegar
✓ Dal or Dahl (Legume)	✓ Maltodextrin	✓ Yam flour
✓ Flax	✓ Maltol	✓ Yeast
✓ Gelatin	✓ Maltose	
✓ Green pea flour	✓ Mannitol	
✓ Gums:	✓ Millet	
✓ Accacia (Gum Arabic)	✓ Molasses	
✓ Carob bean	✓ Mustard flour	
✓ Carrageenan	✓ Poi	
✓ Cellulose	✓ Potatoe flour	
✓ Guaica	✓ Potatoe starch	
✓ Guar	✓ Quinoa	
✓ Karaya	✓ Red wine vinegar	
✓ Locust bean	✓ Rice vinegar	
✓ Tragacanth	✓ Rice bran	
✓ Xanthum	✓ Rice flour	
	✓ Rice gluten	

FOODS NOT PERMITTED ON GLUTEN FREE DIET

x Barley	x Graham flour	x Rye
x Bulgar	x Kamut*	x Semolina*
x Cereal binding	x Malt**	x Spelt(Dinkel)*
x Couscous	x Malt extract**	x Triticale
x Durum*	x Malt flavouring**	x Wheat
x Einkorn*	x Malt syrup**	x Wheat bran
x Emmer*	x Oats***	x Wheat germ
x Filler	x Oat Bran***	x Wheat starch
x Farro*	x Oat syrup***	
		* types of wheat
		** Derived from barley
		*** Many Oat products in North America are processed using wheat

HIDDEN SOURCES OF GLUTEN

Gluten is often a contaminant in manufactured and processed foods where wheat flour is commonly used as a processing aid, a binder, a filler or as a carrier for flavourings and spices. Contamination with wheat or wheat flour can also occur during cereal production, storage, processing or manufacturing.

These ingredients **CONTAIN GLUTEN**, unless marked "Gluten-Free" on the label. Always read the ingredients on the label and check with the manufacturer to determine whether or not they are safe.

<p>Alcoholic spirits (Specific Spirits) Amp-isostearoyl hydrolyzed wheat protein Barley, Barley grass (may contain seeds) Barley malt Beer (except gluten-free beer) Bleached flour Bran Bread flour Brewer's yeast Brown flour Bulgur Cake flour (meal) Cereal Binding Couscous Dextrimaltose Disodium wheatgermamido peg-2 sulfosuccinate Durum flour Edible starch Einkorn Emmer Farina Filler Flour (usually means wheat flour) Fu (dried wheat gluten) Gliadin Gluten Graham flour Granary flour Groats (barley, wheat, oat) Hard wheat Hydrolyzed wheat gluten Hydrolyzed wheat protein Hydrolyzed wheat protein pg-propyl silanetriol Hydrolyzed wheat starch Hydroxypropyltrimonium hydrolyzed wheat protein Kamut Macha wheat Malt (made from barley) Malt (extract, flavoring, syrup, vinegar)</p>	<p>Malted milk Matzo meal, semolina Mir Oat bran Oatmeal Oats (Bob's Red Mill has a gluten free product) Oat flour Rolled oats Oat grouts Oriental wheat Pasta (except gluten-free) Pearl barley Persian wheat Polish wheat Poulard wheat Rice Malt (if barley or Koji are used) Rye Seitan Semolina Spelt Sprouted wheat or barley Stearyldimoniumhydroxypropyl Suet (in packets) Textured Vegetable Protein - TVP Triticale (a wheat-rye blend) Triticale X triticosecale Triticum vulgare flour lipids, germ extract, germ oil Udon (wheat noodles) Unbleached flour Vavilovi wheat Vegetable starch Wheat (Abyssinian hard, club, common, durum, timopheevi, bulgur, Shot) Wheat bran extract, amino acids Wheat berries Wheat durum triticum Wheat germ, germ extract, germ oil, or lipids Wheat grass (may contain seeds) Wheat nuts, protein or starch Whole wheat, flour Wild einkorn, emmer</p>
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These ingredients **MAY OR MAY NOT** contain gluten. Always read the ingredients on the label and check with the manufacturer to determine whether or not they are safe.

Anti-Caking Ingredients Artificial Color Artificial Flavoring Binders Bouillon, cubes or powder Broth Caramel Color, coloring Cereal Cheese (starting molds may be introduced on bread crumbs) Curry powder (spices sometimes contain undisclosed flour to improve flow) Demi-glace Dextrins Emulsifiers Excipients Farina Fillers Flavor, Flavoring Food Starch Glucose Syrup Gluten Gum Hydrolyzed plant protein (HPP) Hydrolyzed vegetable protein (HVP) Ketchup Leavening Maltodextrin Maltose Miso Modified Food Starch Mono and Diglycerides Monosodium Glutimate (MSG) (imported MSG may contain wheat)	Mustard (wheat flour may be a hidden ingredient) Mustard Powder Natural Flavor, Natural Flavoring Rice Syrup (may use barley enzymes) Seasoning Shortening (possible added vitamin E from wheat germ) Shoyu (soy sauce) Smoke Flavoring Soba Noodles Sour cream Soy Sauce Spices (may contain flour to improve flow) Stabilizers Starch Stock, pre-made Stock cubes or powder Textured vegetable protein (TVP, same as HVP) Tomato paste (hidden ingredients may include HVP) Vanilla or other flavored extracts Vegetable gum Vegetable shortening (possible added vitamin E from wheat germ) Vitamins(check the label) Wheat Starch White pepper (may contain flour to improve flow) Yeast or yeast extract (may be grown or dried on wheat flour)
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Pre-made foods CONTAINING GLUTEN, unless they are marked "Gluten-Free".

Bagels	Malted milk (malt is made from barley)
Beer	Matzo
Biscuits	Muesli
Blue cheese (made with bread)	Muffins
Bread	Noodles
Broth (pre-made, cubes, powder)	Oatmeal
Cake	Pancakes
Cheese (pre-shredded)	Pasta
Cookies	Pastry
Corn Dogs	Pie
Corn Bread	Pita or Pocket Bread
Couscous	Pretzel
Crackers	Salad Dressing
Croutons	Semolina
Cupcakes	Soup
Deli Cut or Cold Cut Meats (unless sliced on a dedicated gluten-free meat slicer)	Sour Cream
Doughnuts	Soy Sauce, Shoyu
French Toast	Spaghetti
French Fries (if frozen or coated)	Stock (pre-made, cubes, powder)
Funnel Cake	Stuffing
Graham Crackers	Toast
Gravy	Tabbouleh
Hushpuppies	Teriyaki sauce
Macaroni	Waffles
	Yogurt

General guidelines:

- **Do not eat** anything that contains the following grains: wheat, rye, and barley.
- The following **can be eaten**: corn, potato, rice, soybeans, tapioca, arrowroot, carob, buckwheat, millet, amaranth and quinoa.
- **Distilled white vinegar** does ***not*** contain gluten.
- **Malt vinegar** ***does*** contain gluten.

The following terms found in food labels may mean that there is gluten in the product.

- **Hydrolyzed Vegetable Protein (HVP)**, unless made from soy or corn
- **Flour** or **Cereal** products, unless made with pure rice flour, corn flour, potato flour, or soy flour
- **Vegetable Protein** unless made from soy or corn
- **Malt or Malt Flavoring** unless derived from corn
- **Modified Starch** or **Modified Food Starch** unless arrowroot, corn, potato, tapioca, waxy maize, or maize is used
- **Vegetable Gum** unless vegetable gums are carob bean gum, locust bean gum, cellulose gum, guar gum, gum arabic, gum aracia, gum tragacanth, xanthan gum, or vegetable starch
- **Soy Sauce** or **Soy Sauce Solids** unless you know they do not contain wheat

Any of the following words on food labels usually means that a grain containing gluten has been used

- **stabilizer**
- **starch**
- **flavoring**
- **emulsifier**

- **hydrolyzed plant protein**

Adapting to a gluten-free life, is easier now that there are several companies that produce gluten-free products. You will also find recipes and flour adaptations in my recipes section.