

Gluten-Free Diet

Why follow a gluten-free diet?

You need a gluten-free diet if you are unable to tolerate gluten, which is the protein found in some grains. This diet will help prevent uncomfortable side effects such as diarrhea, abdominal bloating, weight loss, and fatigue. Once you have removed gluten from your diet, symptoms should gradually disappear. The gluten-free diet should be continued for life.

Dietitian name
Phone number



AMERICAN DIETETIC ASSOCIATION

IMPORTANT POINTS TO KEEP IN MIND

- Read all food labels carefully! Avoid all products that contain wheat, rye, barley, oats, gluten stabilizers, and hydrolyzed or texturized vegetable or plant protein (HVP, HPP) from ingredients not allowed.
- Look for specialty cookbooks adapted for a gluten-free diet
- Check with your doctor or pharmacist before taking any medications because some may contain gluten.
- When in doubt about any commercial product, do not use it until you consult a registered dietitian or obtain information from the manufacturer.

NOTES:

SAMPLE MENU FROM A GLUTEN-FREE DIET

BREAKFAST

Orange juice (¼ cup)
Cream of rice cereal (½ cup)
Banana (½)
Gluten-free toast (2 slices)
Margarine (2 tsp)
Jelly (1 tbsp)
Milk (1 cup)

LUNCH

Tomato juice (¾ cup)
Lean beef patty (3 oz)
Gluten-free bread (2 slices)
Pure mayonnaise (1tbsp)
Tomato and lettuce
Milk (1 cup)
Coffee or tea

SNACK

Rice cakes (2)
Fruit juice (¼ cup)

DINNER

Tossed salad (1 cup)
Pure oil-and-vinegar dressing
(1 tbsp)
Broiled chicken breast (3 oz)
Herbed brown rice (½ cup)
Steamed broccoli (½ cup)
Gluten-free bread (1 slice)
Margarine (2 tsp)
Orange sherbet (½ cup)
Coffee or tea

Gluten-Free Diet

| Food Categories | Foods Recommended | Foods to Omit | Tips |
|---|--|---|--|
| BREADS, CEREALS, RICE, AND PASTA 6–11 servings each day | | | |
| Serving size = 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, rice, or pasta; ½ bun, bagel, or English muffin | <p>Breads or bread products made from corn, rice, soy, arrowroot corn or potato starch, pea, potato or whole-bean flour, tapioca, sago, rice bran, cornmeal, buckwheat, millet, flax, teff, sorghum, amaranth, and quinoa</p> <p>Hot cereals made from soy, hominy, hominy grits, brown and white rice, buckwheat groats, millet, cornmeal, and quinoa flakes</p> <p>Puffed corn, rice or millet, and other rice and corn made with allowed ingredients</p> <p>Rice, rice noodles, and pastas made from allowed ingredients</p> <p>Some rice crackers and cakes, popped corn cakes made from allowed ingredients</p> | <p>Breads and baked products containing wheat, rye, triticale, barley, oats, wheat germ or bran, graham, gluten or durum flour, wheat starch, oat bran, bulgur, farina, wheat-based semolina, spelt, kamut</p> <p>Cereals made from wheat, rye, triticale, barley, and oats; cereals with added malt extract and malt flavorings</p> <p>Pastas made from ingredients above</p> <p>Most crackers</p> | <p>Use corn, rice, soy, arrowroot, tapioca, and potato flours or a mixture instead of wheat flours in recipes.</p> <p>Experiment with gluten-free products. Some may be purchased from your supermarket, health food store, or direct from the manufacturer.</p> |
| VEGETABLES 3–5 servings each day | | | |
| Serving size = 1 cup raw leafy, ½ cup cooked or chopped, ¼ cup juice | All plain, fresh, frozen, or canned vegetables made with allowed ingredients | <p>Any creamed or breaded vegetables (unless allowed ingredients are used), canned baked beans</p> <p>Some french fries</p> | Buy plain, frozen, or canned vegetables and season with herbs, spices, or sauces made with allowed ingredients. |
| FRUITS 2–4 servings each day | | | |
| Serving size = 1 medium size, ½ cup canned, ¼ cup juice, ¼ cup dried | All fruits and fruit juices | Some commercial fruit pie fillings and dried fruit | |
| MILK, YOGURT, AND CHEESE 2–3 servings each day | | | |
| Serving size = 1 cup milk or yogurt, 1½ oz natural cheese, 2 oz processed cheese | <p>All milk and milk products except those made with gluten additives</p> <p>Aged cheese</p> | <p>Malted milk</p> <p>Some milk drinks, flavored or frozen yogurt</p> | Contact the food manufacturer for product information if the ingredient is not listed on the label. |
| MEATS, POULTRY, FISH, DRY BEANS AND PEAS, EGGS, AND NUTS 2–3 servings or total of 6 oz daily | | | |
| Serving size = 2–3 oz cooked; count 1 egg, ½ cup cooked beans, 2 tbsp peanut butter, or ¼ cup nuts as 1 oz of meat | <p>All meat, poultry, fish, and shellfish; eggs</p> <p>Dry peas and beans, nuts, peanut butter, soybean</p> <p>Cold cuts, frankfurters, or sausage without fillers</p> | <p>Any prepared with wheat, rye, oats, barley, gluten stabilizers, or fillers including some frankfurters, cold cuts, sandwich spreads, sausages and canned meats</p> <p>Self-basting turkey</p> <p>Some egg substitutes</p> | When dining out, select meat, poultry, or fish made without breading, gravies, or sauces. |
| FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES | | | |
| | <p>Butter, margarine, salad dressings, sauces, soups, and desserts made with allowed ingredients</p> <p>Sugar, honey, jelly, jam, hard candy, plain chocolate, coconut, molasses, marshmallows, meringues</p> <p>Pure instant or ground coffee, tea, carbonated drinks, wine (made in US), rum</p> <p>Most seasonings and flavorings</p> | <p>Commercial salad dressings, prepared soups, condiments, sauces and seasonings prepared with ingredients listed above</p> <p>Hot cocoa mixes, nondairy cream substitutes, flavored instant coffee, herbal tea, alcohol distilled from cereals such as gin, vodka, whiskey, and beer</p> <p>Beer, ale, cereal, and malted beverages</p> <p>Licorice</p> | <p>Store all gluten-free products in your refrigerator or freezer because they do not contain preservatives.</p> <p>Remember to avoid sauces, gravies, canned fish and other products with HVP/HPP made from wheat protein.</p> |