

Prepared For:		Date:	
Prepared By:		Contact:	

Celiac Disease Nutrition Therapy

Description

- You have a sensitivity to gluten, which are proteins found in wheat, barley, and rye.
- Gluten-free nutrition therapy will allow your intestine to heal.
- It also will help prevent complications like bone disease that can happen if celiac disease goes untreated.

Oats

- In the past, oats were believed to be harmful to persons with celiac disease.
- If you would like to eat gluten-free oats, you should discuss their use with your physician and registered dietitian nutritionist.

Foods Recommended

Following are examples of the many grains and plant foods that you can safely eat:

- Amaranth
- Arrowroot
- Buckwheat
- Cassava (manioc)
- Corn
- Flax
- Indian rice grass (Montina)
- Job's tears
- Legumes (dry beans, peas, lentils)
- Millet
- Finger millet (Ragi)
- Nuts
- Potatoes
- Quinoa
- Rice
- Sago
- Seeds
- Sorghum
- Soy
- Tapioca
- Tef (or teff)
- Wild rice
- Yucca

You may not be familiar with all of these grains and plant foods. However, they are used in gluten-free foods, and you will often find them in food ingredient lists for gluten-free products.

Foods Not Recommended

Do not eat any foods containing any of the following ingredients:

- Wheat (all types, including einkorn, emmer, spelt, and kamut)
- Barley
- Rye
- Malt
- Oats (unless gluten free)

These ingredients are found in many food products, including flours, bread products, pasta, breakfast cereals, cakes, and cookies.

Celiac Disease Sample 1-Day Menu

Breakfast	Egg omelet Low-fat natural cheese, for omelet Vegetables, for omelet Rice cake (check that ingredients are gluten-free) Jam, jelly or preserves, for rice cake Orange juice
Lunch	Black beans Corn tortilla Low-fat, natural cheese, for tacos Salsa, for tacos Fresh vegetables, for tacos
Evening Meal	Chicken breast Stir-fried vegetables Plain brown rice (or plain enriched white rice) Sherbet Fresh fruit Seltzer water Cranberry juice
Evening Snack	All-natural yogurt Blueberries

Celiac Disease Vegan Sample 1-Day Menu

Breakfast	Bowl made with: 1 cup quinoa ½ cup cooked mushrooms ½ cup spinach 2 teaspoons olive oil 1 rice cake (check that ingredients are gluten-free) 1 tablespoon peanut butter 1 orange 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D
Lunch	Tacos made with: 2 corn tortillas ½ cup black beans 2 tablespoons salsa ¼ cup diced tomatoes ½ cup shredded lettuce 1 banana 1 cup seltzer water
Afternoon Snack	Smoothie made with: 6 ounces vanilla soy yogurt 1 cup strawberries
Evening Meal	½ cup tofu with: 1 teaspoon tamari sauce, gluten-free 2 teaspoons olive oil 1 cup brown rice ½ cup green beans ½ cup carrots 1 cup cantaloupe 1 cup soymilk fortified with calcium, vitamin B12, and vitamin D

Celiac Disease Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	Omelet made with: 1 scrambled egg ¼ cup cheese ½ cup spinach 1 teaspoon olive oil 2 rice cakes (check that ingredients are gluten-free) 2 tablespoons peanut butter 1 banana
Lunch	Tacos made with: 2 corn tortillas ½ cup black beans ¼ cup cheese 2 tablespoons salsa ¼ cup diced tomatoes ½ cup shredded lettuce 1 orange 1 cup seltzer water
Afternoon Snack	Smoothie made with: 6 ounces low-fat plain yogurt 1 cup strawberries
Evening Meal	½ cup tofu with: 1 teaspoon tamari sauce, gluten-free 1 cup brown rice 1/3 cup green beans 1/3 cup carrots 1/3 cup mushrooms 1 cup cantaloupe 1 cup 1% milk

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Celiac Disease Label Reading Tips

Tips

You should carefully read all food labels and ingredient lists to see if the food contains wheat, barley, or rye. Although many sources of these grains will be obvious to you, others may not. The information that follows can help you identify hidden sources of wheat, barley, and rye in ingredient lists.

Other Terms for Wheat

The following words indicate the presence of wheat, and foods with any of these ingredients should **not** be eaten:

- Bromated flour
- Durum flour
- Enriched flour
- Farina
- Flour
- Graham flour
- Phosphated flour
- Plain flour
- Self-rising flour
- Semolina
- White flour

Under the Food Allergen Labeling and Consumer Protection Act of 2004, if a food or an ingredient contains wheat or protein from wheat, the word “wheat” must be clearly stated on the food label. Practically speaking, this means that if another term for wheat is used in an ingredient list, the word “wheat” must be included on the food label either in the ingredient list or in a separate “Contains” statement. All packaged food products regulated by the U.S. Food and Drug Administration that are labeled on or after January 1, 2006, must be in compliance. For foods regulated by the U.S. Department of Agriculture (meat products, poultry products, egg products), only the common or usual name of ingredients is currently required.

Foods and Ingredients Made From Barley

Several foods and ingredients are made from barley (unless it is otherwise stated on the food label). You should not eat any foods with the following ingredients:

- Beer, ale, porter, stout, and other fermented beverages (note: distilled alcoholic beverages, such as vodka and gin, are gluten free; in addition, there are gluten-free beers available)
- Malt
- Malt syrup or malt extract
- Malt flavoring
- Malted beverages
- Malted milk
- Malt vinegar (Note: other types of vinegar—such as cider, wine, and distilled vinegar—are gluten free)

Ingredients Made From Wheat

Some ingredients, including modified food starch, dextrin, and caramel color, may be derived from wheat. Because of the labeling requirements of the Food Allergen Labeling and Consumer Protection Act of 2004, if an ingredient such as dextrin, caramel color, or modified food starch found in a food product contains protein from wheat, the word “wheat” must be included on the food label either in the ingredient list or in a separate “Contains” statement. This applies to flavorings, colorings, and incidental additives as well. In addition, if a spice blend or seasoning mix contains wheat, it must be stated on the food label.

Processed Foods That May Contain Wheat, Barley, or Rye

Check the ingredient list of all processed foods for sources of wheat, barley, and rye. Following are some examples of processed foods that may contain these ingredients:

- Bouillon cubes
- Brown rice syrup
- Candy
- Cold cuts, hot dogs, salami, sausage
- Communion wafers
- French fries
- Gravy
- Imitation fish
- Matzo
- Rice mixes
- Sauces
- Seasoned tortilla chips or potato chips
- Seitan
- Self-basting turkey
- Soups
- Soy sauce
- Vegetables in sauce

Supplements and Medications

Some medications (both prescription and over the counter) and vitamin and mineral supplements may contain ingredients made from wheat or barley. Talk with your physician and pharmacist about any medications you are taking. You also may want to contact the individual manufacturers and ask whether the supplement or medication contains any ingredients made from wheat or barley. The Food Allergen Labeling and Consumer Protection Act of 2004 also includes dietary supplements, infant formulas, and medical foods, so if a product contains wheat or wheat protein, including in the flavoring, coloring, or incidental ingredients, the word “wheat” must be clearly stated on the label.

Notes

Gluten Free Companies and Resource

Companies

Bob's Red Mill (www.bobsredmill.com)	Carries a large variety of gluten-free flours, baking mixes and hot cereals.
Ener-G Foods, Inc (www.ener-g.com)	Carries gluten free flours, ready-made bread products and mixes, pastas, and breakfast cereals.
Gluten-free Pantry (www.glutenfree.com)	Carries gluten-free breads, baking mixes, ready-to-eat products, pastas, and breakfast cereals.
Glutino (https://www.glutino.com/)	Carries gluten-free breads, baking mixes, ready-to-eat products, pastas, granola bars, snacks, and breakfast cereals.
Kinnikinnick Foods Inc. (www.kinnikinnick.com)	Carries gluten free donuts, cookies, soups, sauces and a wide variety of other gluten free foods.
Red Star Yeast and Products (https://redstaryeast.com/products/)	Carries active dry yeast and quick rise yeast that do not contain wheat gluten.
Miss Roben's (www.lundberg.com)	Carries gluten free white and brown rice products, including hot rice cereals.
Mrs. Leeper's Pasta Inc (www.mrsleeperspasta.com)	Carries gluten free brown rice and corn pastas
Sylvan Border Farm (www.sylvanborderfarm.com)	Carries several gluten-free baking mixes.

Ideas for Eating Out

Appetizers	Shrimp cocktail (with lemon) Fresh Vegetables Fresh Fruit
Soups	Gazpacho
Salads	Mixed greens + sliced veggies (lemon juice for dressing)
Entrees	Plain broiled, baked, steamed fish or poultry (no marinades or breading)
Desserts	Fresh fruit Vanilla frozen yogurt or ice cream Fruit Ices
Fast Foods Restaurants	Ask for grilled meats without bread/bun Baked potato with broccoli and margarine

Traveling

Airline	Order gluten free meals in advance
Road trips	Fruit Vegetables Nuts Corn chips Gluten free snacks such as pretzels