

Gluten-Free Diet Quick Start

Gluten is another word for the proteins found in wheat, rye, and barley.

Important gluten-free (G F) diet basics:

- No wheat, rye, or barley
- Oats, with a similar protein, have been found to be cross-contaminated with gluten containing grains. Pure, uncontaminated oats, tested and labeled as gluten free, are now available and are considered safe to consume in moderation.
- Other names for wheat or wheat containing grains are: Spelt, kamut, einkorn, emmer, triticale, durum, farina, enriched flour, wheat starch, self-rising flour, graham flour, bulgar, semolina, cake flour, pastry flour, or matzo.
- Wheat-free does not mean gluten-free (GF). It still may contain rye or barley.
- Malt and malt flavorings are made from barley; they are not GF.

Safe grains and flours:

- Rice, corn, quinoa, amaranth, arrowroot, buckwheat, Montina, flax, Job's tears, millet, potato, sago, soy, sorghum, tapioca, teff, cornstarch, manioc. Also, any flour made from nuts, beans, tubers or legumes.

Cross Contamination:

If a GF food comes in contact with a gluten-containing product, it is said to be “contaminated.” Steps can be taken to prevent this, including the following:

- Store gluten-free supplies separately from gluten foods.
- Designate certain appliances, such as a toaster, for use with GF products only.
- Use clean tools for cooking, cutting, mixing, and serving GF foods.
- Have separate containers of butter, peanut butter, and condiments, or institute a “no-double-dipping rule.”
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- Do not purchase flour or cereal from open bins.

Foods to choose when starting out:

Stick to plain, simple foods mostly found in the outer aisle of the grocery store including:

- All plain meats, poultry, fish, or eggs
- Legumes and nuts in all forms
- Corn and rice in all forms
- Dairy products including milk, butter, margarine, real cheese, plain yogurt
- All plain fruits or vegetables (fresh, frozen, or canned)
- Vegetable oils, including canola
- All vinegar except malt vinegar
- Any food that says it is gluten-free

References: 1. Thompson, A, MS RD, Dobler, ML, MS RD. American Dietetic Association. [Celiac Disease Nutrition Guide](#). 2003 2. National Digestive Diseases Information Clearinghouse, Celiac Disease