

THE GLUTEN-FREE DIET: A BASIC OVERVIEW OF FOOD



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Gluten is a protein found in all forms of wheat, barley and rye. It is most commonly found in food, but it also hides in medicine, vitamins, and make-up. The first thing anyone should do when starting a gluten-free diet is schedule a meeting with a skilled dietitian or qualified gluten-free diet educator. A well-trained professional can help teach the basics of a gluten-free diet and help find ways to adapt to the new lifestyle.

When at home or at the grocery store, a quick guide to ingredients can be a helpful tool for quickly determining if a packaged product is safe.

SAFE GLUTEN-FREE INGREDIENTS

Eliminating wheat, barley, and rye from a diet may seem like a daunting task, but it's important to remember that there are still hundreds of grains and other foods that can be eaten. Staples like fresh fruits and vegetables, meats, poultry, seafood, and most types of dairy are all gluten-free in their natural forms. Examples include the following:

Acorn Flour	Cassava	Enriched Rice	Modified Tapioca	Soybeans
Almond Flour	Channa	Fava Bean	Montina	Sunflower Seeds
Amaranth	Chestnut	Flax	Peanut Flour	Sweet Rice Flour
Arborio Rice	Chickpea Flour	Flax Seeds	Potato Flour	Tapioca
Arrowroot	Coconut Flour	Garbanzo	Potato Starch	Tapioca Flour
Baker's Yeast	Corn	Glutinous Rice	Quinoa	Taro Flour
Basmati Rice	Corn Flour	Guar Gum	Red Rice	Teff
Bean Flours	Corn Gluten	Hominy	Rice Bran	Tofu
Brown Rice	Corn Meal	Instant Rice	Rice Flour	White Rice Flour
Brown Rice Flour	Cornstarch	Kasha	Risotto	Xanthan Gum
Buckwheat	Cottonseed	Lentils	Sago	Yeast
Calrose	Dal	Millet	Sesame	Yucca
Canola	Dasheen Flour	Modified Corn Starch	Soy	

SAFE FOOD ADDITIVES

When purchasing packaged foods, there will likely be many ingredients listed that sound unfamiliar or strange. Below is a list of food additives that are safe for a gluten-free diet:

Acacia Gum	BHT	Dextrose	Gelatin	Maltol Mannitol
Adipic Acid	Brown Sugar	Distilled Vinegar	Glucose	Methylcellulose
Algin Annatto	Calcium Disodium Carrageenan	Ethyl Maltol	Invert Sugar	Monosodium Glutamate
Aspartame	Caramel Coloring	Fructose	Karaya Gum	Papain
Baking Yeast	Carob Bean Gum	Dextrose	Lactic Acid	Pectin
Benzoic Acid Beta	Cellulose	Distilled Vinegar	Lactose	Polysorbate
Carotene	Corn Syrup	Ethyl Maltol	Lecithin	Propylene Glycol
BHA	Cream of Tartar	Fructose	Malic Acid	Psyllium
		Fumaric Acid	Maltodextrin	

SAFE FOOD ADDITIVES (cont.)

Sodium Benzoate	Sorbitol	Sugar	Vanilla Extract	Autolyzed
Sodium Metabisulphite	Spices (100% pure)	Tartaric Acid	Xylitol	Yeast Extract
Sodium Nitrate	Stearic Acid	Acid Tartrazine	Yam	Nutritional Yeast
Sodium Sulphite	Sucralose	Titanium Dioxide	Yeast; Autolyzed	
	Sucrose	Vanilla Bean		

QUESTIONABLE FOODS AND PRODUCTS

There are many food items that appear on grocery store shelves that may or may not contain gluten.

Unfortunately, because of varied manufacturing processes, it is impossible to generalize about any of these products. The only way to ensure one of these products is safe is to check the food label to look for a gluten-free label or contact a manufacturer directly. Below is a list of questionable products that must be double-checked.

- Beer (all forms are unsafe except those labeled gluten-free)
- Beef/Chicken/Fish/Vegetable Stock (may contain wheat)
- Bouillon (may contain wheat)
- Brewer's Yeast (depends on whether it's a by-product of the brewing process [unsafe] or made from sugar beets [safe])
- Dextrin (could be made from wheat, corn, potato, arrowroot, rice or tapioca)
- Fillers (could be wheat, corn, potato or other starch)
- Malted Grains (any grain can be malted. For example, gluten-free beer manufacturers use malted sorghum as an ingredient. This is considered safe. A malted grain would be unsafe if the malted ingredient is wheat, rye or barley)
- Marinades (may contain wheat)
- Miso (may contain barley)
- Mustard Powder (may contain wheat)
- Oats (may be cross-contaminated due to storage and transportation methods)
- Rice Syrup (could be made using barley)
- Soy Sauce/Teriyaki Sauce
- Spices (spice mixes and bulk spices may contain wheat)
- Yellow Mustard (may contain wheat)
- Yogurt, flavored (may contain dextrin or barley extract)
- Communion wafers (usually contain wheat)
- Dried fruit/roasted nuts (may use wheat in flavoring)
- French fries (may be prepared in shared fryer with wheat products)
- Gravy/sauces (may use wheat as a thickener)
- Instant drink mixes (may contain wheat in flavoring or as bulk)
- Imitation meat/seafood (could be made from wheat gluten or soy)
- Candy (could contain wheat [wafers] or malt. Pay special attention to licorice.)
- Processed meats (may use wheat as a binder)
- Salad dressings (may contain soy sauce or wheat)
- Self-basting turkeys (may contain wheat in broth or bouillon)
- Breakfast cereal (even cereals that are rice- or oat-based may still contain wheat or malt)

UNSAFE FOODS

Below is a list of basic food items that contain gluten. It's important to **note that this is not a complete list of gluten-containing foods**. If ever unsure about the safety of a product, call the manufacturer directly.

Barley	Durum	Macha	Semolina
Barley Extract	Einkorn	Malt	Sprouted Wheat
Barley Grass	Emmer	Malt Flavoring	Tabbouleh
Barley Malt	Farina	Malt Syrup	Triticale
Barley Pearls	Fu	Malt Vinegar	Wheat
Bran	Graham	Matzo	Wheat Starch
Bleached Flour	Hordeum	Mir	
Bulgur	Vulgare	Rice Malt	
Bulgur Wheat	Hydrolyzed	Rye	
CROUTONS	Wheat Protein	Seitan	
Couscous	Kamut	Spelt	



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If you have any questions or would like to schedule an appointment, please contact us at celiac@childrensnational.org.