



# Living Gluten Free

A guide for kids, adults,  
and families

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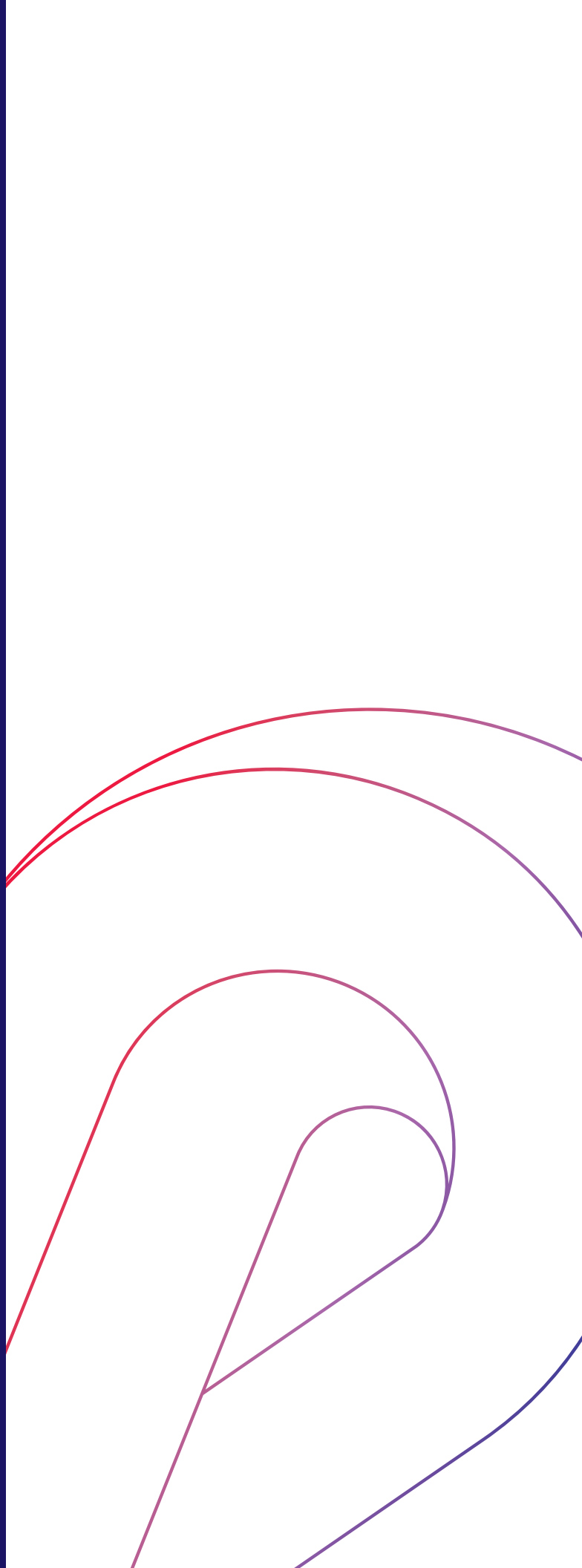
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## What is gluten intolerance?

Gluten intolerance is an immune reaction to eating foods that contain gluten. Gluten is a protein found in wheat, rye, barley, and most oats. Simply put, it means you feel sick after eating these foods.

People with celiac disease (a type of gluten intolerance) will have serious health problems if they continue to eat foods that contain gluten.

This booklet will help you make informed food choices, avoid gluten, and stay healthy.

*“A gluten-free diet can be hard to maintain at times. When I first started, I would accidentally eat gluten and get a terrible stomachache. Celiac disease is not like lactose intolerance, because when you eat gluten while having celiac disease, it damages your intestines. If you keep eating gluten, you could eventually die. The damage motivates me not to eat gluten, even if the food looks delicious. A gluten-free diet can be hard, but if you are careful about what you eat, life can still be great.”*

— Brady, patient

# Celiac Disease

## What is gluten?

Gluten is primarily found in the following grains:

### WHEAT



### BARLEY and MALT made from barley



### OATS (if not labeled gluten-free)



### RYE



**Celiac disease** is the most serious kind of gluten intolerance. It's a disease that is inherited. When people with celiac disease eat gluten, their immune system attacks their small intestine. This makes it hard for their body to get nutrients from food.

Celiac disease lasts a lifetime and affects about 1 in 100 people around the world. You can find out you have it at any age. Symptoms of celiac disease can include:

- Diarrhea
- Constipation
- Losing or gaining weight
- Not getting enough nutrients
- Anemia (low iron in the blood)
- Bloating in the belly
- Short height in children
- Trouble becoming pregnant
- Weak muscles
- Bone pain

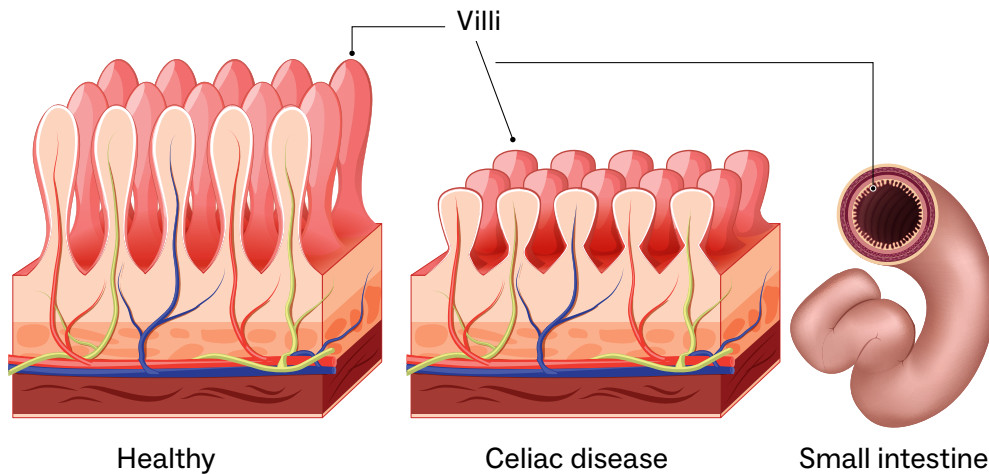
**Non-celiac gluten sensitivity (NCGS)** is different from celiac disease. People with NCGS also need to avoid gluten. Symptoms of NCGS can include:

- Stomach problems similar to irritable bowel syndrome (IBS)
- Headaches
- Fatigue (extreme tiredness)
- Numbness
- Feeling sad or depressed

Gluten intolerance can also cause **dermatitis** [der-muh-TITE-us] **herpetiformis** [her-pet-ih-FORM-us], a chronic skin condition that causes an itchy, burning rash.

## What happens if a person with celiac disease eats gluten?

When a person with celiac disease eats gluten, their body's immune system attacks and damages the villi [VIL-eye] in the small intestine.



**Villi:** Small hair-like projections in the small intestine that help the body absorb nutrients. This damage can make it hard for the body to get enough nutrients from food.

## How are celiac disease and gluten intolerance treated?

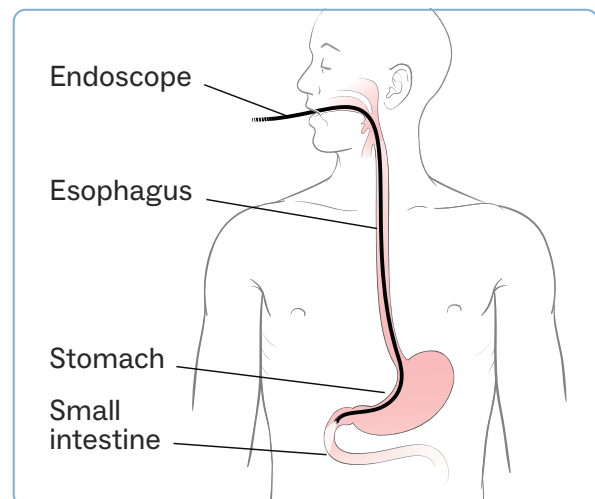
Celiac disease and gluten intolerance are treated by not eating gluten. When you stop eating gluten, your intestines can heal. You have to keep eating gluten-free even when you feel better.

Even if your symptoms go away, you need to stay on a gluten-free diet to avoid other health problems like weak bones (osteoporosis), lymphoma, and other cancers. People with celiac disease have a 40% higher chance of enteropathy-associated T-cell lymphoma, non-Hodgkins lymphoma and adenocarcinoma of the small intestine if they don't stay gluten free.

## How is celiac disease diagnosed?

Doctors usually find out if you have celiac disease with a blood test. Sometimes, you might need a test called an **endoscopy**. In this test, a doctor looks inside your upper digestive system with a special tube with a light (endoscope). You need to be eating gluten for the test to work right.

If you have celiac disease, keep seeing your doctor and get the blood tests they recommend every year.



## What should family members do?

Family members of someone with celiac disease might also have the disease. Here's what they should do:

- **Keep eating gluten so the tests will be accurate.** If they aren't eating gluten, they should eat 1 slice of regular wheat bread every day for at least 6 to 8 weeks before testing. Pregnant women should not start eating gluten for testing.
- **Get a blood test to check for celiac disease.** Your regular doctor can order this.
- **Think about genetic testing.** Family members who don't have celiac disease should get a blood test every 3 to 5 years. Genetic testing can show if they will never get celiac disease. People with celiac disease have the genes **HLA DQ2** and **DQ8**. If family members don't have these genes, they have a 99% chance of never getting celiac disease and don't need more tests.



## Lactose intolerance

When you first find out you have celiac disease, you might also have trouble digesting milk products (lactose intolerance). You can treat this by eating less dairy, using lactase enzymes, or buying Lactaid® products. Lactose intolerance usually goes away after eating gluten-free and lactose-free for a while (about 3 to 6 months). Then you can try eating dairy again.



### Notes

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## Diabetes and celiac disease

Celiac disease and type 1 diabetes are linked by genes. If you have type 1 diabetes, you are 5 to 7 times more likely to also have celiac disease. People with type 1 diabetes often don't have the usual symptoms of celiac disease. If you have type 1 diabetes, you should get tested for celiac disease every few years.

If you have both type 1 diabetes and celiac disease, you need to:

- Read all food labels for carbohydrate and fiber content, and make sure all products are gluten-free.
- Check your blood sugar levels as your diabetes educator tells you.
- Calculate how much insulin you need based on the carbohydrates you eat.
- Keep meeting with your diabetes educator to help with your new diet and blood sugar control.
- Get your hemoglobin A1c levels checked as often as your diabetes doctor recommends.
- Have follow-up celiac disease blood tests every year or as your doctor recommends.

**Many gluten-free foods like bread, muffins, cookies, bagels, and pizza crust have more carbohydrates and fat than regular foods with gluten.** Making your own meals and eating naturally gluten-free foods can help you control your diet better. Follow healthy eating guidelines that include fruits, vegetables, celiac-friendly whole grains, lean proteins, and minimally processed foods will help you achieve and maintain optimal health.



Gluten-free replacement foods usually contain more carbohydrates and fat than the same foods with gluten.

Be aware of this as you manage your diabetes.

### Notes

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# Nutrition Concerns



“Taggart’s response to a gluten-free diet could not have been more significant. Within 3 to 4 days, his energy returned and his tantrums stopped. He was excited to eat food again, quickly learning to always ask if it was gluten-free before eating it. It took a number of months for his weight to return, but at his check-up with his gastroenterologist a year later, Taggart was again a healthy, active child with no medical concerns.”

—Marion, parent

At present the only treatment for someone diagnosed with celiac disease is a strict gluten-free diet. This may seem hard at first because many common foods contain gluten. However, there are many naturally gluten-free foods as well as plenty of gluten-free substitutes to choose from.

People diagnosed with celiac disease often lack nutrients because of months or years of not absorbing them due to damaged intestines. Additionally, many people who eat a gluten-free diet don’t get enough vitamins, minerals, and fiber. This is because most gluten-free grains are not enriched the same way traditional wheat flour is enriched.

## How do I get the nutrients I need?

Along with a healthy diet:

- Take a gluten-free complete vitamin and mineral supplement.
  - Do not use gummy vitamins because they don’t contain enough iron, zinc, or thiamin (vitamin B1) to be worthwhile, even if labeled “complete” and “gluten-free.”
  - Look for a supplement that contains at least 75% of your daily requirement for iron, zinc, and thiamin since these nutrients are often critically lacking at diagnosis.
- Eat whole grain gluten-free flours, such as quinoa, millet, buckwheat, teff, amaranth, bean flours, sorghum, and brown rice, to help get the fiber you need.
- Eat plenty of fruits and vegetables to get fiber, vitamins, and minerals.
- Eat leafy green vegetables and legumes and drink orange juice to get the folate you need.
- Eat meats, chicken, fish, legumes, nuts, and seeds for your daily iron needs.
- Get your recommended dairy or milk-alternative servings daily for the calcium and vitamin D you need. Take a calcium and vitamin D supplement if you don’t get enough of these nutrients to prevent osteoporosis.
- Adults and teens can further reduce the risk of osteoporosis (common in adults with celiac disease) by getting a baseline bone density scan after the celiac disease diagnosis.



# General Diet Instructions



Keep it simple! Most foods (except for grains) are gluten-free naturally. A gluten-free diet becomes harder when foods are processed.

## Reading labels

Gluten may be a basic ingredient (example: wheat, rye, or barley) or added during processing. Always check ingredient labels, because manufacturers may change ingredients without warning. If you're not sure about an ingredient, contact the manufacturer using the phone number or website on the package. You can also see whether they have online lists of gluten-free products available.

Allergy labeling laws require manufacturers to clearly mark products that contain any protein from the top 9 food allergens:

- milk
- soy
- peanuts
- eggs
- fish
- sesame
- wheat
- shellfish
- tree nuts

These proteins must be listed by their common names in all foods, dietary supplements, and vitamins the Food and Drug Administration (FDA) regulates. This makes it easy to find foods that contain wheat.

However, the allergy label will not identify other ingredients that contain gluten, such as barley or rye. Barley is often a hidden ingredient. It is found in malt, barley malt, dry smoke flavor, brewer's yeast, yeast extract and autolyzed yeast extract. Rye is generally used only in rye breads or crackers and will be clearly labeled.

Meat, poultry, and egg products regulated by the U.S. Department of Agriculture (USDA) do not have to follow the allergy labeling laws. Unprocessed meat, poultry, and eggs are naturally gluten-free. Ingredients in processed meat, poultry, and egg products must be listed by their common name, but companies don't have to say which food source ingredients like dextrin, starch, or modified food starch come from—even though they can be made from wheat and contain gluten. However, more than 80% of USDA-regulated food products (including hot dogs, deli meats, marinated meats, bacon, and other processed meat products made by major food companies) do follow the FDA allergy-labeling rules.

“After going on the gluten-free diet, I haven't been sick as much and my stomachaches are gone. It is hard not to eat yummy gluten treats and foods, especially at restaurants and family gatherings and parties. However, I would never cheat and eat gluten, as tempting as it may be, because I know that if I do I will be up all night and have terrible stomachaches.”

—Sami, parent

## What you can do:

If the USDA food label doesn't list all ingredients and you don't know how the starch, food starch, modified food starch, or dextrin were made, contact the manufacturer or choose another product.

## Gluten-free labeling

According to the FDA's gluten-free labeling rule:

- Gluten-free foods must have less than 20 ppm (parts per million) gluten.
- A food with less than 20 ppm gluten can be labeled "gluten-free," "no gluten," "free of gluten," or "without gluten."
- Foods that never contained gluten (like raw vegetables and fruits) can be labeled gluten-free.
- Foods with grains that contain gluten but are refined to remove it may be labeled gluten-free as long as they contain less than 20 ppm gluten (grains such as wheat starch). So it is possible to have both "gluten-free" and "contains wheat" labels on a food. This means gluten has been removed from the wheat starch, but other wheat proteins remain.

## Cautions

- These terms DO NOT mean a food is "gluten-free:"
  - Made with no gluten-containing ingredients.
  - Not made with any gluten-containing ingredients.
- Hydrolyzed and fermented ingredients like soy sauce and barley malt extract are sometimes labeled "gluten-free," even though the FDA does not allow this. Unfortunately, there is currently no test available to measure gluten from fermented foods, such as barley malt extract and soy sauce, when added as ingredients to food.
- Manufacturers do not have to test to ensure their products are gluten-free.
- The FDA will only test products after a complaint.
- "Gluten-free" can appear on a food label with a voluntary allergen advisory statement like "processed in a facility that also processes wheat."
- Oats do not need to be certified gluten-free to be labeled as such, but they must contain less than 20 ppm gluten to be labeled gluten-free.
- The FDA rule does not apply to meat, poultry, or egg products (regulated by the USDA) or alcohol (regulated by the Alcohol and Tobacco Tax and Trade Bureau, or TTB).
- Restaurant food and food made by grocery stores are expected to follow the FDA's gluten-free definition.

## Allergen advisory statements

Remember: **allergen advisory statements are voluntary.** If a food label doesn't list wheat, barley, or rye but a statement says "processed in a facility that also makes products containing wheat," it doesn't mean the product is contaminated.

- If an FDA product labeled gluten-free has an allergen advisory statement, it will have less than 20 ppm gluten.
- If an FDA product you eat daily or often has an allergen advisory statement, look for a brand labeled gluten-free. For example, if you eat corn tortillas often, choose a brand with a gluten-free label.
- If you only eat FDA products with allergen advisory statements occasionally, don't worry about finding gluten-free versions.
- Avoid USDA products (meat, poultry, or eggs) with allergen advisory statements; this means they came in contact with wheat.



## Recommendations

- When you begin a gluten-free diet, start with products with gluten-free labels and naturally gluten-free foods like fruits and vegetables. Once you're comfortable shopping gluten-free, take time to read side panels and learn more about products.
- Purchase gluten-free grain, nut, and legume products from large, reputable companies who test their products for gluten.
- If you feel a product labeled "gluten-free" does not comply with the FDA rule, contact the FDA.



### A guide to gluten-free certification marks

Gluten-free certification marks allow you to easily identify gluten-free products. Some food manufacturers have their products certified by an independent organization: The Gluten Intolerance Group, the National Celiac Association, and Beyond Celiac. Each organization has slightly different rules for gluten-free certification. You may see the labels at right while grocery shopping. Below is a guide to what each symbol represents.

- **The Gluten-Free Certification Organization (GFCO)** is a program of The Gluten Intolerance Group®. The Certified Gluten-Free mark assures that the products contain less than 10 parts per million gluten (5 parts per million gliadin). This level is stricter than that set by the FDA at 20 parts per million.
- **The Gluten-Free Food Program (GFFP) logo** verifies that a product or ingredient meets strict gluten-free standards. The GFFP is endorsed by the National Celiac Association and assures customers that products are free of wheat, barley, and rye, and that gluten must be less than 5 ppm. Their process involves a thorough inspection of a food company's systems, as well as gluten testing, to ensure products are free of gluten components and are considered safe for individuals with celiac disease.
- **Beyond Celiac** endorsed gluten-free certification program (GFCP) assures that products have less than 20 ppm gluten. Products must not contain any gluten proteins or modified gluten proteins from barley, rye, triticale, wheat, and oats.

**Does the label have an allergy statement (such as contains wheat)?**

**No** ————— **Yes**

**Does the ingredient list contain: Wheat, rye, barley, malt, or oats\*?**

**Do not buy. Do not eat.**

**No** ————— **Yes**

**Does the label have an allergy advisory statement? \*\***

**Do not buy. Do not eat.**

**No** ————— **Yes**

**Allergy advisory statement present.**

**Allergy advisory statement not present.**

**Safe to buy and eat.**

**Is it processed? Meat chicken, or eggs?**

**Yes**

**Do not buy. Do not eat.**

**Is the product eaten occasionally?**

**Yes**

**Safe to buy and eat.**  
If you are "super" sensitive to gluten, avoid these products.

**Is the product eaten daily?**  
(For example, corn tortillas used daily as a substitute for bread)

**Yes**

**Do not buy. Do not eat.**  
Choose an alternative product labeled "gluten-free" or naturally gluten-free products like fruits and vegetables.

\* Oats that are not labeled "Gluten Free"  
\*\* Example of allergen advisory statement: "Made on machinery or in a facility that processes wheat"

## Naturally gluten-free foods

Save yourself time and money, and eat a healthier diet, by choosing whole, single-ingredient foods that are naturally gluten-free foods (no labels to read!).

### Meats and alternatives

- All unprocessed beef, pork, chicken, turkey, lamb, fish, and shellfish
- All plain legumes (black beans, kidney beans, pinto beans, and lentils).
- All plain nuts and seeds (most commercially roasted nuts are safe, but read the label)
- Peanut butter, almond butter, sunflower butter, sesame butter, and tahini
- Tofu (unless processed with a soy sauce that contains gluten)
- Fresh eggs (Be careful eating out. Some restaurants use a filler with wheat in their eggs.)

### Avoid:

- Canned chicken and turkey with modified food starch
- Imitation crab and imitation bacon, unless labeled gluten-free

### Dairy

- Milks, flavored milks and most non-dairy milks are gluten-free. **No malted milk.**
- Plain yogurt (and most fruit yogurts, but read labels, especially on yogurt with mix-in toppings)
- Ice cream (no cookie dough, Oreo®, cookies and cream, or brownie-flavored types) unless labeled gluten-free
- Cheese (read labels on spray and processed cheeses)



### Fruits and vegetables

- All plain fresh, frozen or canned fruits and vegetables (no sauces)
- Most dried fruits (except chopped dates, which are often rolled in oat flour)
- All 100% fruit and vegetable juices (except for products containing wheat or barley grass)

### Beverages

- Coffee (instant, ground, and flavored beans)
- Tea and instant tea
- Soda and carbonated drinks

Check powdered, flavored instant coffee, herbal teas, and hot chocolate for barley or barley malt. Do not drink Ovaltine® or other grain-based products like Pero®.

### Fats, oils, and sauces

- Butter and margarine
- Vegetable oils (olive, canola, corn, and safflower)
- Vegetable oil sprays (not baking spray with added flour)
- Salad dressings (most are safe, but check dressings with soy sauce carefully)
- Mayonnaise and Miracle Whip® Mustard (check the label on flavored mustards)
- Ketchup
- Pickles and relish
- Olives
- Pure spices

Read labels on spice mixes like curry powder, seasoned salt, taco seasoning, and gravy mix. These may contain barley malt or wheat products.

## Grains and plants that don't include gluten

- Amaranth
- Arrowroot
- Bean or pea flours
- Buckwheat\*
- Coconut
- Corn
- Flax
- Guar gum
- Kasha
- Millet\*
- Indian rice grass
- Nut flours (almond, cashew, etc.)
- Oats\*
- Potato flour and starch
- Quinoa\*
- Rice
- Sago
- Salba
- Sorghum\*
- Soy\*
- Sweet potato (Manioc)
- Tapioca
- Tef or teff
- Xanthan gum

\*Only buy products labeled “gluten-free.”  
Grains not labeled gluten-free have high levels of gluten from cross-contamination.

## Additives considered gluten-free

- Artificial colors and flavors
- Baking powder and baking soda
- Caramel color and flavor
- Maltodextrin (Check source of dextrin if ingredient in processed meat food.)
- Modified food starch (if made from corn)
- Monosodium glutamate (MSG)\*
- Natural color and flavor. Avoid malt and smoke flavor.
- Soy lecithin
- Spices\*\*
- Vanilla, vanillin, artificial vanilla, and vanilla extract
- Vinegar (avoid malt vinegar)
- Whey

\*Only MSG in foods manufactured in the U.S. is considered reliably gluten-free.

\*\*If the spice doesn't have an ingredient list, it is pure spice and gluten-free.

For a list of safe gluten-free foods (safe ingredients), visit [celiac.org](http://celiac.org).



## What about oats?

Pure, uncontaminated oats, used in moderation, are safe for most people with celiac disease. Because there is a high risk of contamination from wheat products during oat growing and processing, only use oats and oat products labeled gluten-free. Find gluten-free oats online, at specialty stores, or sometimes even at your local store.

## Understanding gluten-free oat labeling

**To be included in a gluten-free diet, oats must be labeled gluten free.** There are 2 types of gluten free oats:

- Oats grown and milled by the “purity protocol”
- Oats grown and milled conventionally, then optically cleaned

## What can I do about oats?

Because not everyone who has celiac disease can tolerate gluten-free oats, follow these tips before adding oats and oats products to your diet:

- You should have no gastrointestinal symptoms.
- Choose oat products that are certified gluten-free to decrease risk of gluten ingestion.
- Add oats to your diet slowly. Start with oatmeal cookies or apple crisp, and then move to a bowl of oatmeal. This lets your body get used to oats slowly.
- If you notice any symptoms with oats, wait another 3 to 6 months. Then follow the guidelines for introducing oats over again.



## Foods to avoid

Find replacements for breads, cereals, cookies, crackers, pastas, anything made from wheat or anything that contains malt.

The following grains contain gluten and are toxic for someone with celiac disease or gluten sensitivity.

## Grains that contain gluten and should be avoided:

- Barley
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Graham flour
- Kamut
- Malt
- Matzo
- Oats\*
- Panko
- Pasta
- Rye
- Seitan
- Semolina
- Spelt
- Sourdough bread made with wheat or other gluten-containing flour
- Sprouted wheat or barley
- Tabbouleh
- Triticale
- Udon
- Wheat\*\*

\*See previous section for more information about oats.

\*\*Avoid wheat in all its forms: wheat flour, whole wheat flour, bread flour, white flour, cake flour, self-rising flour, pastry flour, enriched flour, wheat germ, wheat bran, cracked wheat, and wheat starch.

## Ingredients to avoid or research

For a complete list, visit [Gluten.org](http://Gluten.org) and search for “gluten-free diet.”

**Brewer’s yeast:** If it is a byproduct of beer, brewer’s yeast will not be gluten-free. However, brewer’s yeast nutritional supplements can be made from either brewer’s yeast or sugar. If they are made from sugar, they are gluten-free. Baker’s yeast is always gluten-free.

Yeast extract and autolyzed yeast extract are usually made from baker’s yeast and are gluten-free. Sometimes they are made from brewer’s yeast. If the extracts are in foods **not** labeled gluten-free, contact the manufacturer.

**Broth, bouillon, and soup bases:** Read labels carefully and call the manufacturer if you have questions.

**Brown rice syrup:** Most rice syrups in foods manufactured in the U.S. are gluten-free. Read labels on imported foods carefully as rice syrup in some products made outside the U.S. can be fermented with gluten-containing grains. If the product is not labeled gluten-free and the enzyme source is not specified, call the manufacturer.

**Hydrolyzed vegetable protein (HVP) or textured vegetable protein (TVP):** Usually found in meat alternatives and vegan foods. Manufacturers must identify the vegetable or plant used to make this ingredient. If a food lists HVP or TVP, call the manufacturer to find out which plant was used. Avoid hydrolyzed wheat protein, too.

**Medicines:** In December 2017, the FDA published gluten-free labeling recommendations for the manufacture of drug product taken by mouth. The FDA encourages drug manufacturers to have reliable information about their products and to include this statement on drugs verified to be gluten-free:

“Contains no ingredient made from a gluten-containing grain (wheat, barley, or rye).” For non-prescription drugs, look in the inactive ingredients list for wheat, barley, or rye. For prescription drugs:

- Visit the FDA website: [dailymed.nlm.nih.gov/dailymed/](http://dailymed.nlm.nih.gov/dailymed/)
- Check out the description section on the drug label”

**If you are still worried about gluten in medicine, have your doctor write “or gluten-free equivalent” on all prescriptions.**

**Starch or modified food starch:** Avoid this only if made from wheat (listed on the label in all FDA-regulated foods). Most modified food starch is made from corn and is gluten-free. Some highly refined wheat starch could be purified so gluten levels are less than 20ppm.

**Sacrament bread or communion wafers:** Talk to your religious leader. Even one bite may contain gluten and make you sick.

**Soy and teriyaki sauces:** Soy sauce may be fermented with wheat. Check the food label or call the manufacturer if you’re not sure. Eden<sup>®</sup> tamari soy sauce, Kikkoman<sup>®</sup> gluten-free soy sauce, and some La Choy<sup>®</sup> soy sauces are gluten-free. Check teriyaki, barbecue sauce, and miso labels carefully. Be aware that there are some companies who label their wheat-fermented soy sauce gluten-free even though this is not approved by the FDA.

**Wheat-free foods:** Wheat-free does not mean gluten-free. Check labels carefully.

**Worcestershire sauce:** This sauce contains soy sauce. Lea and Perrins<sup>®</sup> Worcestershire sauce is gluten-free and doesn’t contain wheat.

## Hidden gluten

Foods from countries outside North America may contain “rendered gluten-free” ingredients. These still contain some gluten, so don’t eat them.

Nonfood items may contain gluten. These include lipstick, lip gloss, toothpaste, mouthwash, modeling dough, and pet food. There is no scientific evidence that use of gluten-containing products that are not ingested is harmful to persons with celiac disease. This includes individuals with dermatitis herpetiformis. Lotions and make-up with known gluten-containing ingredients all had less than 10ppm gluten when tested. The following brands generally make gluten-free products:

- Colgate®, Crest®, and Tom’s of Maine® (toothpaste)
- Blistex®, Carmex®, Chapstick®, Lancôme®, L’Oreal®, Mary Kay®, and Vaseline® (lipsticks, lip glosses, and lip balms)



## Gluten contamination

Foods can be contaminated with gluten:

- During growing, harvesting, transporting, processing and milling. Purchase oats, soy, buckwheat, sorghum, millet, and quinoa flours and grains that are labeled “gluten-free.”
- **At home:**
  - Avoid any cross-contamination by:
    - Making gluten-free foods first.
    - Preparing gluten-free food on a clean plate, designated cutting board, or a piece of foil or plastic wrap
    - Buying separate jars of mayonnaise, peanut butter and mustard that can become contaminated when using a knife that has touched wheat bread.
  - When baking:
    - Use a separate rolling pin and sifter for gluten-free baking.
    - If baking with regular, gluten-containing products, thoroughly clean appliances, utensils, and work surfaces after baking.
    - Use a separate colander and utensils if cooking both gluten-free and gluten-containing meals.
    - Use caution with shared equipment like toasters and waffle irons. However, research suggests cross-contamination on equipment may not be a severe risk.

**Remember:** You can remove gluten with soap and water. If not everyone follows a gluten-free diet in your household, wash pots, pans, and utensils in the dishwasher when possible. Wash your hands thoroughly and often.

## Eating out

You can eat out safely and enjoyably with celiac disease. While many apps help you find restaurants with gluten-free options, they rely on customers posting accurate information. Follow these tips to assure your food is gluten-free:

- Use the internet to review menus in advance.
- Call ahead and ask what the restaurant knows about the gluten-free diet.
- Always tell your server you need a gluten-free meal.
- Ask about all items and the way foods are prepared before you order.
- Be aware of contamination. For example, french fries cooked in the same oil used for frying onion rings, chicken nuggets, or other breaded items will not be gluten-free.
- If your steak is cooked on a grill also used for breaded items, ask if it can be cooked on a piece of aluminum foil or in a clean pan.
- Choose menu items without breading or sauces.
- When you order a salad, ask for no croutons and use oil and vinegar for a great gluten-free dressing.
- Avoid salad bars and buffets because of the high risk of gluten contamination.
- Watch for drinks that may contain gluten (beer, stout, ale, some flavored coffees and herbal teas, and Pero®).
- Question soups, bouillon, dressings, and dips.
- Avoid most desserts. Fresh fruit is a good alternative.
- Tell friends the types of foods you can eat, if that makes you feel more comfortable.
- When eating at a friend's house, offer to bring an item so there will be something you can eat.
- If you find a restaurant with lots of gluten-free options, eat there and spread the word to others who follow a gluten-free diet.



### Alcoholic beverages

The **Alcohol Tax and Tobacco Trade Bureau (TTB)** requires distilled alcohol, such as vodka, whiskey, and bourbon, to carry this statement:

*“This product was distilled from grains containing gluten, which removed some or all of the gluten. The gluten content of this product cannot be verified, and this product may contain gluten.”*

This is very confusing to consumers, but distilled beverages are gluten-free. Wines are gluten-free. Even wine aged in barrels sealed with a wheat paste, when tested had less than 5 to 10 parts per million gluten. Beer, ale, and stout are made from barley hops, so they contain gluten, but many gluten-free products are available. Gluten-free beer made without any barley or hops is regulated by the FDA and can carry just a “gluten-free” label.

## Eating out (continued)

Most restaurants have some gluten-free choices. Use these guides before eating out:

- **Chinese restaurants:** Anything brown (like fried rice) has soy sauce, which may contain gluten. Anything white is usually thickened with cornstarch, not flour. Anything sautéed is likely to contain soy sauce. You can ask the restaurant to prepare your dish without soy sauce. Soups (except hot and sour, which has soy sauce), vegetables, and steamed rice are likely gluten-free. Bring your own gluten-free soy sauce.
- **Mexican restaurants:** Typically, Mexican food is corn-based. Corn chips, crisp taco shells, and tamales are made from corn and are gluten-free. Tortillas may be corn (maize or masa harina) or wheat flour (harina). Be sure to ask for corn. Avoid the complimentary corn chips, which may be fried in the same oil used to fry foods with gluten.
- **Fast food:** Most large chain restaurants have websites that list their gluten-free foods.
- **Indian food:** Pea flour and tomato paste are gluten-free and usually used to thicken sauces. Be sure to ask at the restaurant. Avoid the samosas and naan breads
- **Italian food:** Pasta and garlic bread have gluten, but many Italian restaurants have gluten-free options. Risottos, meat, and fish dishes can be gluten-free. Just ask how the food is prepared. Some risottos may have barley added in with the rice.

### To make eating out and traveling easier:

- Use **Gluten-Free Passport** ([Glutenfreepassport.com](http://Glutenfreepassport.com)) to find gluten-free options at fast food and chain restaurants across the United States.
- Download nationwide restaurant cards with foods you should avoid and how foods should be prepared gluten-free. The cards help restaurant staff prepare and handle your food and are available in several different languages.
- Visit Celiac Travel ([Celiactravel.com](http://Celiactravel.com)) for resources when traveling outside the U.S.
- Search for gluten-free and allergy support groups in the city you're visiting. Their websites often review local gluten-free restaurants and provide other useful information.
- Download apps like **Find Me Gluten-Free and Allergy Eats**, which offer customer reviews of gluten-free options in local restaurants.



# Gluten-Free Cooking

Make sure all ingredients used are gluten-free. Some foods listed may or may not be gluten-free, depending on the brand. Read the label and call the company if you have any questions about the product.

## Gluten-free meal ideas

### Breakfast

- Eggs cooked any way
- Breakfast burrito made with a corn tortilla, filled with eggs, salsa, and cheese
- Yogurt and fruit
- Cottage cheese and fresh fruit
- Gluten-free cereal with milk (wait until antibody levels are near-normal before eating gluten-free oats)
- Rice fritters (steamed rice with or without vegetables, mixed with an egg, cooked like a pancake, and topped with ketchup or syrup)
- Potato pancakes
- Smoothies made from fresh fruit, yogurt, milk, and juice (ice optional)
- Cream of rice or grits
- Hash browns with gluten-free sausage or bacon
- Ready-to-drink instant breakfast (powders are not gluten-free) and protein shakes (check the labels)
- Gluten-free toast with honey, jam, or peanut butter
- Gluten-free pancakes and waffles
- Gluten-free muffins



“My 2 ½ year-old son Jonah was a very healthy, active child. He hadn’t had any significant illnesses and generally had a very happy disposition. Suddenly, his energy level quickly decreased, and he would spend an hour or two just lying on the ground. He also lost interest in food and lost weight, and his stomach began to stick out. He also began throwing intense tantrums, something he’d never done before. My sister was diagnosed with celiac disease 10 years before, so I had a suspicion that may be Taggart’s problem. He had the blood test, and his results were positive. An endoscopy the following week confirmed the diagnosis, so we immediately began a gluten-free diet that day.”

— Meghan, parent

## Lunch

- Sandwiches made from gluten-free bread
- Chef salad
- Burger or quinoa burger with gluten-free bun or lettuce wrap
- Tuna melt
- Pasta salad made with gluten-free pasta
- Grilled cheese sandwich
- Yogurt and gluten-free granola or other gluten-free cereal
- Waffle sandwich (use a gluten-free waffle)
- Macaroni and cheese made from gluten-free pasta
- Wraps made with corn tortillas, rice wraps, or lettuce
- Pizza made on a gluten-free corn or rice tortilla or gluten-free crust
- Tacos, tamales, taquitos, or quesadillas (use corn tortillas)
- Nachos with beans, chicken, beef, veggies, cheese, and salsa
- Fresh fruit salad
- Cheese and gluten-free crackers
- Gluten-free soup



## Dinner

- Taco salad on corn chips
- Omelet
- Baked potato bar
- Pancakes and waffles made from gluten-free mix
- Spaghetti made with gluten-free pasta
- Tinfoil dinners made with meat, potatoes, and vegetables
- Creamed tuna on gluten-free toast
- Gluten-free soup
- Tamales, taquitos, or quesadillas
- Chinese chicken salad with rice noodles
- Tacos
- Rice or lettuce wraps
- Enchiladas made with corn tortillas
- Cheese and gluten-free crackers
- Chicken, broccoli, and rice casserole
- Chili and gluten-free corn bread
- Tuna casserole with gluten-free pasta
- Hamburger or hot dog with gluten-free bun
- Twice-baked potatoes (with sour cream and cheese or spinach and cottage cheese)
- Stir fry with rice, vegetables, and chicken, beef, pork, or tofu (check the soy sauce)
- Chicken nuggets breaded with gluten-free crumbs or pancake mix
- Meatloaf (use gluten-free cereals instead of bread crumbs)
- Shepherd's pie (potatoes, hamburger, green beans, cheese, and tomato sauce)
- Pizzatatoes (baked potatoes cut in half lengthwise with insides mixed with pizza sauce, topped with favorite toppings and cheese)
- Salads with protein (meat, fish, chicken, beans, tofu) with gluten-free dressing

## Snacks

- String cheese
- Celery with cheese or peanut butter
- Gluten-free crackers and cheese
- Fruit roll
- Popcorn
- Nachos
- Apples and peanut butter
- Applesauce
- Gluten-free granola bars
- Hummus with gluten-free crackers or vegetables
- Fresh fruit and veggies (with gluten-free ranch dressing)
- Cottage cheese and fruit
- Gluten-free pudding
- Chex® mix made from gluten-free cereal
- Trail mix with gluten-free cereal, nuts and dried fruit
- Rice cereal treats made with gluten-free rice cereal



## Gluten-free cooking and baking suggestions

When you try a new recipe, keep notes on when you prepared it, the recipe you used, changes you made, and your family's reaction. These notes can help improve the product for the next time.

**To prepare a baking pan:** Grease all nonstick and regular pans with a solid shortening, liquid oil, or vegetable spray.

### **To adapt an old recipe:**

Substitute gluten-free flour for wheat flour and:

- Plan a longer baking time, cook at a lower temperature, and bake in small batches.
- Use plain yogurt or buttermilk for recipes that need milk, because gluten-free batters are usually thinner.
- Use less juice in recipes with fruit juice.

### **To make old recipes lighter:**

- Replace each teaspoon of baking powder with 1½ tsp baking powder.
- Replace each teaspoon of baking soda with one tsp baking soda and ½ tsp baking powder.
- Add 1 to 2 teaspoons xanthan or guar gum to every 2 cups gluten-free flour blend.

**To avoid overbaking:** Gluten-free baked goods get hard when overbaked. Pay close attention during the last 5 to 10 minutes of cooking time. Increase baking time 1 to 2 minutes at a time until done. You may need to adjust baking times, as every oven is different.

**To improve texture:** Gluten-free products usually have a better texture when made in small loaves. Be sure batter is not too wet or allowed to rise too long. If the mixture does not rise at all, check for old yeast or liquid that is too hot or cold for yeast growth. Buttermilk or curdled sour milk will make a lighter, better-textured product. Add chocolate chips, dried fruits, and nuts to improve flavor and retain moisture.

**To prevent dryness:** Add 1 to 2 tablespoons of ground-up nuts, honey, syrup, peanut oil, or peanut butter.

**To minimize crumbling:** Try adding ½ teaspoon xanthan gum or ½ cup of cottage cheese. For cookies, fold in 1 or 2 stiffly beaten egg whites. After baking, store baked goods in the refrigerator or freezer. You may need to try different things to get the consistency your family likes.

**To prevent grittiness in rice flour:** Add the liquid in the recipe to the rice flour and heat it on the stove, stirring constantly, just until bubbles appear. Do not boil or cook it, just heat it. Set aside to cool. You can also use the microwave to heat liquid and rice flour. Cover a microwave-safe bowl with plastic wrap and stir every 30 to 40 seconds until bubbles appear. You may need to add 1 to 2 tablespoons more liquid after removing the mixture from the heat.

**Binders:** These add texture and hold ingredients together. Try these binders in your gluten-free baking:

- **Grated apples or applesauce:** Apples contain pectin and work well but may give foods an apple taste. Grated raw apples, with the peel, work best. Apples are a wet binder and can be used for cakes, pastries, cookies, and breads.
- **Dried pectin:** Use only a small amount of dried pectin as it can have a metallic taste.

**Eggs:** Egg whites work well as binders and don't need to be separated from the yolks. If a recipe calls for one egg, increasing to 2 eggs and decreasing liquid by 2 tablespoons will improve texture.

**Thickening agents:** Replace 1 Tbsp wheat flour with:

- 1½ tsp cornstarch
- 1½ tsp potato starch
- 1½ tsp arrowroot starch
- 1 Tbsp white or brown rice flour
- 2 tsp quick-cooking tapioca
- ½ Tbsp tapioca flour
- 1½ tsp sweet rice flour
- ½ Tbsp gelatin
- ½ Tbsp sago (sago palm starch)

**Liquid substitutes:** Substitute liquid in baked products with lemon-lime soda, pear, peach, orange, apple or pineapple juices, or fruit purees. Carbonated drinks make baked products lighter. Pureed fruit adds flavor and improves the quality of baked goods. Yogurt or cottage cheese mixed with fruit juices work well in pancakes or waffles.

**Bread crumbs and meatloaf fillers:** Use crushed gluten-free corn flakes, rice cereal, potato chips, or corn chips for meatloaf fillers or for coating meats (check label ingredient lists). Cut gluten-free bread into cubes, dry on a plate, then seal in a clean plastic bag; use in meatloaf, croutons, stuffing, and meatballs, or crush to make bread crumbs.

**Noodles in casseroles:** Use gluten-free pasta or corn, rice, hominy, corn tortillas, or potatoes for a less expensive solution.

**Pastry dough:** Use a mix of gluten-free flours, but include both high-protein (amaranth, chickpea, oat, quinoa, or sorghum) flour and high carbohydrate-starch flour (arrowroot, cornstarch, potato starch, sweet potato flour, or tapioca flour). Melt butter or other fat to avoid greasy sections in your crust.

**Pastries:** Add egg or liquid to flour to make a sticky dough. Cover dough with plastic wrap and refrigerate for 30 to 45 minutes. Add enough flour until dough becomes firm enough to roll out. To minimize cross-contamination, roll dough between two layers of plastic wrap or parchment paper.

**Pie crust:** Use 2 sheets of wax paper, 2 pastry cloths, or parchment paper to roll out the dough. You can also use a pie crust bag from Mrs. Anderson's Baking® or ChefLand® so dough is rolled out inside the plastic. For one-crust pies, mix and shape the dough in the pan or dish you'll use for baking. For a graham cracker-style pie crust, use crushed gluten-free corn flakes, rice cereal, gluten-free cookies, or gluten-free graham crackers.





## Gluten-free flours

Gluten in flour is important in traditional baking, because it's a protein that gives elasticity to dough. Adding other types of protein, like eggs, powdered milk, or soy flour, to gluten-free flour improves texture, and a mixture of flours generally works better than a single grain. Even a heaping tablespoon of another gluten-free flour is better than one flour used alone. Try adding potato starch, Indian ricegrass, rice bran, soy, or corn flour to improve taste and texture.

Gluten-free flours behave differently. After trying a few, you can see which ones you like best.

## Baking substitutes

Use any of these as a substitute for 1 cup of wheat flour:

- $\frac{7}{8}$  cup rice (white or brown) flour
- $\frac{5}{8}$  cup potato starch flour
- 1 cup soy flour plus  $\frac{1}{4}$  cup potato starch flour
- $\frac{1}{2}$  cup soy flour plus  $\frac{1}{2}$  cup potato starch flour
- 1 cup corn flour
- 1 cup fine cornmeal (not filled to the top)
- 1 cup chickpea (garbanzo bean) flour

## An alphabet of gluten free flours

- Acorn flour and commercial acorn flour bits
- Almond flour or meal
- Amaranth flour
- Buckwheat flour
- Coconut flour
- Corn flour
- Corn meal
- Corn starch
- Indian ricegrass
- Kaniwa flour
- Nut flours
- Oat flour
- Pea, bean, mung bean, and lentil flours
- Potato flour
- Potato starch
- Quinoa flour
- Rice flour
- Sago flour
- Sorghum flour
- Soy flour
- Sweet rice or sticky flour
- Tapioca flour
- Teff

## Grain-free flour blends

Combining flours can improve the flavor and texture of gluten-free baked products. You can use gluten-free flour blends for most recipes that use wheat flour. Sift the flours together several times and store the blend in the fridge or freezer in a tightly covered container. Commercial gluten-free flour blends are also available.

Before you measure gluten-free flours, stir them lightly. After you measure, sift them. When using a combination flour, you must mix it together thoroughly before adding the flour blend to the other ingredients. Stir, measure, sift, mix, sift, then use.

The following flour blends are fairly similar and are good for baked foods. Because of concern for people with celiac disease consuming a diet high in arsenic, current recommendations are to avoid baking blends that contain a high proportion of rice flour.

### Nutrient-dense Fenster flour blend

- 1½ cups sorghum flour
- 1½ cups potato starch
- 1 cup tapioca flour

Whisk together thoroughly and store in a cool, dark place.

(Recipe printed with permission from Carol Fenster.)

## Commercial flour blends:

Commercial flour blends are available to bake and cook with. Each flour blend is slightly different and may produce different consistencies in baked goods. Most of these blends have websites with recipes using their specific flour blend, these tend to produce the most consistent baked goods. Many can be bought at your local grocery store or natural grocery store. These blends can also be purchased from a number of online retailers.

- King Arthur® Gluten-Free Measure for Measure Flour
- Bob's Red Mill® 1 to 1 Gluten-Free Baking Flour
- Pillsbury Best® Gluten-Free All-Purpose Flour
- Grandpa's Kitchen® Flour Blend
- Pamela's® Gluten-Free All-Purpose Flour
- Cup4Cup® Multipurpose Gluten-Free Flour
- Better Batter® All-Purpose Gluten-Free Flour
- Great Value® Gluten-Free All-Purpose Flour
- Namaste® Perfect Gluten-Free Flour



# Get Support

Many national organizations offer celiac disease and gluten-intolerance education and support. Good sites include: **Celiac Disease Foundation**, **Gluten Intolerance Group**, and **Beyond Celiac**. Be aware that there are also many sites promoting a gluten-free lifestyle that contain incorrect information.

## Gluten-free support

Sometimes you or your child may need more help than a support group, family, and friends can provide. It can be hard to give foods up or see the benefits of a gluten-free diet. A therapist who specializes in chronic diseases can help.

## Gluten-free apps

Keep in mind apps are NOT regulated and they often eliminate foods that are gluten-free but not labeled as such. Look for apps from national organizations as these are more likely to contain accurate information and be regularly updated.

## Gluten-free school lunch

Your child may qualify for gluten-free school lunch.

Important notes:

- For your child to obtain a gluten-free school lunch, their primary care provider or gastroenterologist must fill out and sign a form from your child's school.
- The gluten-free lunch may not be equal to the regular lunch being served.
- If your child attends a charter school, they most likely will NOT be able to receive a gluten-free school lunch.
- If you have problems getting a gluten-free lunch for your child, visit [AllergicLiving.com](http://AllergicLiving.com) and search for "Know your food allergy school rights."



## Tax deductions

You can include the cost of special food in medical expenses only if:

- 1 The food does not satisfy normal nutritional needs.
- 2 The food alleviates or treats an illness.
- 3 The physician substantiates the need for the food.

Gluten-free food qualifies, but "the amount you can include in medical expenses is limited to the amount by which the cost of the special food exceeds the cost of a normal diet."

For more information about medical expenses and taxes, refer to:

[irs.gov/taxtopics/tc502](http://irs.gov/taxtopics/tc502).

## Gluten-free resources

The following resources provide more information about gluten-free eating and celiac disease. Intermountain Health does not endorse any particular company, organization, magazine, book, or brand.

## Celiac organizations

- Beyond Celiac  
[Beyondceliac.org](https://www.beyondceliac.org)
- Celiac Disease Foundation, or CDF  
[Celiac.org](https://www.celiac.org)
- Gluten Intolerance Group, or GIG  
[Gluten.org](https://www.gluten.org)
- National Celiac Association, or NCA  
[nationalceliac.org](https://www.nationalceliac.org)
- North American Society for the Study of Celiac Disease  
[theceliacsociety.org](https://www.theceliacsociety.org)

## Celiac centers

- Celiac Center at Beth Israel Deaconess Medical Center  
[celiacnow.org](https://www.celiacnow.org)
- Celiac Disease Center, Columbia University,  
[celiacdiseasecenter.columbia.edu](https://www.celiacdiseasecenter.columbia.edu)
- Celiac Disease Program, Children's National Health System  
[childrensnational.org/departments/celiac-disease-program](https://www.childrensnational.org/departments/celiac-disease-program)
- University of Chicago Celiac Disease Center  
[cureceliacdisease.org](https://www.cureceliacdisease.org)



### Finding help

“It is a total lifestyle adjustment to go gluten-free. It can affect your social activities and be expensive. It is so worth it, though, to feel healthy and have healing from gastrointestinal and nerve problems I have experienced over the years. It is a new adventure to find foods and recipes we can enjoy, and we love when we can connect with others and learn from or help them on the gluten-free path. We have also found that there are many kind people in the world who are willing to try to accommodate special dietary needs. Life can still be full and good in new and different ways.”

— Jenny, parent

## Useful websites

- Academy of Nutrition and Dietetics  
**eatright.org**
- Daily Med  
**dailymed.nlm.nih.gov**
- GI Kids  
**gikids.org**
- Gluten-free Watchdog  
**glutenfreewatchdog.org**
- Savory Palate, LLC  
**carolfenstercooks.com**
- Shelley Case, RD  
**shelleycase.com**
- Befreeforme.com
- Delightfullyglutenfree.com
- Glutenfreediet.com
- Glutenfreegirl.com
- Glutenfreeonashoestring.com
- Imaceliac.com

## Resources for kids and teens

- Generation GF  
**gluten.org/community/kids/**
- Living with Celiac Disease as a Kid  
**beyondceliac.org/living-with-celiac-disease/kids/**
- Gluten-Free Guide to College Living  
**beyondceliac.org/living-with-celiac-disease/college/**

## Magazines and newsletters

- Allergic Living  
**Allergicliving.com**
- Bob and Ruth's Gluten-free Dining and Travel  
**Bobandruths.com**
- Gluten-Free Living  
**Glutenfreeliving.com**
- Gluten-Free and More  
**Glutenfreeandmore.com**

## Books

**Celiac Disease: A Guide to Living with Gluten Intolerance** (Second Edition)  
by Sylvia Llewelyn Bower

**Celiac Disease Nutrition Guide** (Third Edition)  
by Tricia Thompson

**The Complete Guide to Living Well Gluten-Free: Everything You Need to Know to Go from Surviving to Thriving** by Beth Hillson

**Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life**  
by Peter H. R. Green and Rory Jones

**Gluten-Free All-In-One for Dummies**  
by Consumer Dummies

**Gluten Free: The Definitive Resource Guide (Fifth Edition)** by Shelley Case

**Gluten Freedom: The Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle** by Alessio Fasano

**Growing Up Gluten Free: A Lifestyle Guide for Raising Your Gluten-Free Child** by Amy Macklin

**Mayo Clinic Going Gluten Free: Essential Guide to Managing Celiac Disease and Other Gluten-Related Conditions**  
by Joseph A. Murray



## Books for kids

**Adam's Gluten Free Surprise: Helping Others Understand Gluten Free**  
by Debbie Simpson

**The Celiac Kid** by Stephanie Skolmoski

**Eating Gluten-Free with Emily:  
A Story for Children with Celiac Disease**  
by Bonnie J. Kruszka

**The Gluten Glitch** by Stasia John

**Mommy, What Is Celiac Disease?**  
by Katie Chalmers

**Hailey's Gluten Free Surprise:  
Helping Others Understand Gluten Free**  
by Debbie Simpson

**Princess Katie and the Sweet Shop**  
by Katie Scarlett Pryor

## Cookbooks

The following authors have recently written one or more excellent gluten-free cookbooks.

- America's Test Kitchen  
(numerous authors)
- Annalise Roberts
- Beth Hillson
- Carol Fenster
- Carol Kicinski
- Kristine Kidd
- Laura Fuentes
- Marlisa Brown
- Nicole Hunn
- Robert Landolphi
- Shauna James Ahern
- Vanessa Maltin

## Outpatient nutrition counseling locations

To find nutrition counseling services near you, go to [intermountainhealth-care.org/services/nutrition-services](https://intermountainhealth-care.org/services/nutrition-services) or use your smart phone to scan the code below.

